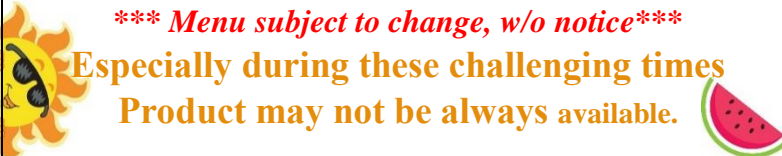





# Mizell Center

## June 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOTE FROM NUTRITION DEPARTMENT:</b> <b>*** Menu subject to change, w/o notice***</b> <b>Especially during these challenging times</b> <b>Product may not be always available.</b> 		<b>1</b> Beef Lasagna Italian Vegetables Garlic Bread Orange, Milk	<b>2</b> Baked Cod w/ Tartar Sauce Quinoa, Kale, Edamame Rice, Japanese Blend Veggies, Wheat Roll Fruit Cocktail, Milk	<b>3</b> Beef Stew w/Potatoes & Carrots Cauliflower Mix Wheat Roll, Pineapple Tidbits, Cake, Milk
<b>6</b> Turkey Sloppy Joes Lettuce & Tomato Slice Coleslaw Tater Tots Juice, Yogurt, Milk	<b>7</b> Chicken Cacciatore Brown Rice Lima Beans Dinner Roll Diced Peaches, Milk	<b>8</b> Tuna Salad Sandwich on Hoagie Roll Lettuce & Tomato Slice Mediterranean Salad, Sun Chips, Diced Pear, Milk	<b>9</b> BBQ Chicken Mashed Potatoes Garden Vegetable Wheat Roll Apple, Milk	<b>10</b> Pork Chili Verde Rancho Fiesta Vegetables Jasmine Rice Wheat Roll, Mandarin Oranges, Milk
<b>13</b> Meatloaf Mashed Potatoes 5-Way Vegetables Wheat Roll Juice, Yogurt, Milk	<b>14</b> Chicken Parmesan on Pasta Winter Blend Vegetables Wheat Roll Apple, Milk	<b>15</b> Baked Ziti w/Sausage San Francisco Vegetables Garlic Bread Diced Peaches, Milk	<b>16</b> ▲ Hamburger Lettuce & Tomato Slice Tater Tots Coleslaw Mandarin Oranges, Milk	<b>17</b> Vegetable Lasagna Tricolor Cauliflower Wheat Roll Banana, Milk
<b>20</b> Salisbury Steak w/Gravy Mashed Potatoes Scandinavian Vegetables Wheat Roll Juice, Yogurt, Milk	<b>21</b> ▲ Chicken Caesar Salad w/Parmesan Cheese & Croutons Wheat Saltine Crackers Diced Peaches, Milk	<b>22</b> Teriyaki Chicken Asian Vegetables Jasmine Rice Hawaiian Roll Pineapple Tidbits, Milk	<b>23</b> Chicken Pot Pie Broccoli Garden Salad Wheat Roll Banana, Milk	<b>24</b> Spaghetti w/ Meat Sauce & Mushrooms Italian Veggies Garlic Bread Mandarin Oranges, Milk
<b>27</b> Cheese Enchiladas Quinoa & Brown Rice Chuck wagon Corn Juice, Yogurt, Milk	<b>28</b> Roasted Turkey Sandwich on a Hoagie Roll Lettuce & Tomato Mayo & Mustard Beet & Garbanzo Salad Baked Chips Tropical Fruit, Milk	<b>29</b> ▲ Carbonara w/Ham Mushrooms & Onions Italian Veggies Garlic Bread Mandarin Oranges, Milk	<b>30</b> Sweet & Sour Chicken Oriental Blend Vegetables Jasmine Rice Hawaiian Roll Pineapple Tidbits, Milk	

▲ = High Sodium Day