


Elk Mtn. Center 307-348-7387 Please RSVP by 8:30 am the morning of the meal. Thank You!

<p><u>May</u> <u>2019</u></p> 	<p>HAPPY BIRTHDAY Wanda Daniels 29</p>		<p><u>WEDNESDAY</u> 1 Baked Pork Chop Sweet Potato Asparagus Wheat Bread Cherries Milk</p>	<p><u>THURSDAY</u> 2 Chicken Strips Pasta Salad Beets Wheat Roll Apricots Milk</p>	<p><u>FRIDAY</u> 3 Crab Cakes Macaroni & cheese Broccoli Wheat Bread Peaches Milk</p>	<p><u>SATURDAY</u> 4</p>
<p><u>Recommended</u> <u>Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><u>MONDAY</u> 6 Baked Ham Scalloped Potato Peas Wheat Bread Pineapple Tidbits Milk</p>	<p><u>TUESDAY</u> 7 Meatloaf O'Brien Potatoes Spinach Wheat Bread Purple Plums Milk</p>	<p><u>WEDNESDAY</u> 8 Chicken Fajita Tortilla Spanish Rice Squash Blend Watermelon Milk</p>	<p><u>THURSDAY</u> 9 Roast Beef Mash. Pot./Gravy Corn Wheat Roll Fruit Cocktail Milk</p>	<p><u>FRIDAY</u> 10 Taco Salad/chips Lettuce, Tomato, Cheese, Salsa Refried Beans Banana Dessert Milk</p>	<p><u>SATURDAY</u> 11</p>
	<p><u>MONDAY</u> 13 Beef Wellington Oven Brown Potato Zucchini Wheat Bread Pears Milk</p>	<p><u>TUESDAY</u> 14 Chicken Parmesan Pasta Tossed Salad Wheat Roll Citrus Fruit Milk</p>	<p><u>WEDNESDAY</u> 15 BBQ Beef Sandwich Baked Beans Carrot/Raisin Salad Cinnamon Apples Milk</p>	<p><u>THURSDAY</u> 16 Pork Roast Rice Pilaf Brussels Sprouts Wheat Bread Orange Whip Milk</p>	<p><u>FRIDAY</u> 17 Chicken Fried Steak Mash. Pot./Gravy Mixed Vegetables Wheat Roll Straw. Shortcake Milk</p>	<p><u>SATURDAY</u> 18</p>
	<p><u>MONDAY</u> 20 Ham/Pasta Salad on Lettuce leaf Cauliflower Wheat Bread Mixed Fruit Milk</p>	<p><u>TUESDAY</u> 21 Spaghetti w/meat sauce Italian Vegetables Garlic Bread Peaches Milk</p>	<p><u>WEDNESDAY</u> 22 Oven Chicken Mash. Pot./gravy Broccoli Wheat Roll Fruit Cocktail Milk</p>	<p><u>THURSDAY</u> 23 Salisbury Steak Baked Potato Carrots Wheat Bread Purple Plums Milk</p>	<p><u>FRIDAY</u> 24 Baked Fish Wild Rice Blend Beets Wheat Bread Applesauce Milk</p>	<p><u>SATURDAY</u> 25</p>
	<p><u>MONDAY</u> 27 Memorial Day Company Holiday</p> 	<p><u>TUESDAY</u> 28 Cheeseburger Lettuce, tomato, onion French Fries Zucchini Pears Milk</p>	<p><u>WEDNESDAY</u> 29 Turkey/Noodles Green Beans Wheat Bread Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 30 Cheese Pizza w/meat/vegetables Tossed Salad Strawberries Ice Cream Milk</p>	<p><u>FRIDAY</u> 31 Sloppy Jo Tater Tots Mixed Vegetables Cherries Milk</p>	