

Washtenaw County May 2018

| Monday | | Tuesday | | Wednesday | | Thursday | |
|-----------|---|-----------|--|-----------|---|-----------|--|
| | | 1 | Beef with Pepper Gravy 1 each Succotash 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>662 mg Sodium</i> | 2 | Pork with Supreme Sauce 3 oz Rice Florentine 1/2 cup Glazed Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>640 mg Sodium</i> | 3 | Macaroni and Cheese 3/4 cup Green Beans 1/2 cup California Vegetable Blend 1/2 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each <i>853 mg Sodium</i> |
| 7 | Chicken Strips 3 oz Teriyaki Sauce 1 oz Brown Rice 1/2 cup Broccoli 1/2 cup Sliced Carrots 1/2 cup Multi-Grain Bread 1 slice Fresh Cantaloupe 1 each Milk 1 each Margarine 1 each <i>918 mg Sodium</i> | 8 | Beef Jardine 1 each Whipped Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>885 mg Sodium</i> | 9 | Glazed Ham 3 oz Oven Roasted Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>989 mg Sodium</i> | 10 | <i>Mother's Day Meal</i> Sliced Roast Beef with Gravy 3 oz Scalloped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Apple Pie 1 slice Milk 1 each Margarine 1 each Salad Dressing 1 each <i>905 mg Sodium</i> |
| 14 | Chicken Marsala 1 piece Au Gratin Rotini 1/2 cup Spinach 1/2 cup Beet Salad 1/2 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each | 15 | Mother's Day Potluck | 16 | Chicken Salad 1/2 cup Coleslaw 1/2 cup Italian Tomatoes 1/2 cup Whole Grain Ciabatta Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each | 17 | Hamburger Patty 1 each Lettuce and Tomato 1/4 cup Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hamburger Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each |

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|----------------------------|---------|----------------------|---------|------------------------------|---------|---------------------------|--------------------------|
| | | | | | | Ketchup | 1 each |
| | | | | 708 mg Sodium | | 679 mg Sodium | |
| 21 | | 22 | | 23 | | 24 | Memorial Day Meal |
| Meatloaf with Tomato Gravy | 1 each | Baked Chicken Breast | 1 each | Potato Crusted Fish | 1 each | BBQ Chicken Breast | 1 each |
| Whipped Potatoes | 1/2 cup | Balsamic Onion Sauce | 1 oz | Confetti Rice | 1/2 cup | Baked Beans | 1/2 cup |
| Peas and Carrots | 1/2 cup | Au Gratin Potatoes | 1/2 cup | Diced Beets | 1/2 cup | Broccoli Salad | 1/2 cup |
| Tossed Salad | 1 cup | Brussels Sprouts | 1/2 cup | Tossed Salad | 1 cup | Wheat Hamburger Bun | 1 each |
| Whole Grain Roll | 1 each | Tossed Salad | 1 cup | Whole Grain Roll | 1 each | Peach Crisp | 1 each |
| Fresh Cantaloupe | 1/2 cup | Multi-Grain Bread | 1 slice | Fresh Honeydew Melon | 1/2 cup | Milk | 1 each |
| Milk | 1 each | Fresh Orange | 1 each | Milk | 1 each | | |
| Margarine | 1 each | Milk | 1 each | Margarine | 1 each | | |
| Salad Dressing | 1 each | Margarine | 1 each | Tartar Sauce | 1 each | | |
| | | Salad Dressing | 1 each | Salad Dressing | 1 each | | |
| 901 mg Sodium | | 784 mg Sodium | | 743 mg Sodium | | 994 mg Sodium | |
| 28 | | 29 | | 30 | | 31 | |
| Closed for Holiday | | Swedish Meatballs | 3 each | Pork Roast with Au Jus Gravy | 3 oz | Salisbury Beef with Gravy | 1 each |
| | | Rotini Noodles | 1/2 cup | Whipped Sweet Potatoes | 1/2 cup | Whipped Potatoes | 1/2 cup |
| | | Sliced Carrots | 1/2 cup | Mixed Greens | 1/2 cup | Mixed Vegetables | 1/2 cup |
| | | Yellow Squash | 1/2 cup | Cornbread (2oz) | 1 piece | Tossed Salad | 1 cup |
| | | Multi-Grain Bread | 1 slice | Fresh Apple Slices | 1/2 cup | Whole Grain Roll | 1 each |
| | | Fresh Pineapple | 1/2 cup | Milk | 1 each | Fresh Cantaloupe | 1/2 cup |
| | | Milk | 1 each | Margarine | 1 each | Milk | 1 each |
| | | Margarine | 1 each | | | Margarine | 1 each |
| | | | | | | Salad Dressing | 1 each |
| | | 911 mg Sodium | | 569 mg Sodium | | 757 mg Sodium | |

Friday**4**

| | |
|----------------------|---------|
| Meatloaf with Gravy | 1 each |
| Whipped Potatoes | 1/2 cup |
| Brussels Sprouts | 1/2 cup |
| Tossed Salad | 1 cup |
| Whole Grain Roll | 1 each |
| Fresh Apple Slices | 1/2 cup |
| Milk | 1 each |
| Margarine | 1 each |
| Salad Dressing | 1 each |
| <i>800 mg Sodium</i> | |

11

| | |
|---------------------------|---------|
| Tuna Salad | 1/2 cup |
| Coleslaw | 1/2 cup |
| Ranch House Tomatoes | 1/2 cup |
| Whole Grain Ciabatta Roll | 1 each |
| Fresh Honeydew Melon | 1/2 cup |
| Milk | 1 each |
| <i>869 mg Sodium</i> | |

18

| | |
|---------------------------------|---------|
| Sliced Turkey Breast with Gravy | 3 oz |
| Oven Roasted Potatoes | 1/2 cup |
| Green Beans | 1/2 cup |
| Broccoli Salad | 1/2 cup |
| Whole Grain Roll | 1 each |
| Mandarin Oranges | 1/2 cup |
| Milk | 1 each |
| Margarine | 1 each |

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|------------------------|---------|
| <i>575 mg Sodium</i> | |
| 25 | |
| Taco Meat | 1/2 cup |
| Shredded Cheese | 1/2 oz |
| Lettuce and Tomato | 1 cup |
| Mixed Beans | 1 cup |
| Fiesta Vegetable Blend | 1/2 cup |
| Corn Tortilla | 1 each |
| Fresh Pineapple | 1/2 cup |
| Milk | 1 each |
| Taco Sauce | 1 each |
| <i>744 mg Sodium</i> | |