



Washtenaw County April 2019

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Apple Slices Milk Margarine Salad Dressing <i>875 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each 1 each	2	Chicken Salad White Bean & Olive Salad Tossed Salad Croissant Mixed Fruit Milk Salad Dressing <i>828 mg Sodium</i>	1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each	3	Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Rye Bread Warm Spiced Pears Milk Margarine Salad Dressing <i>675 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each	4	Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Potato Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>509 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	5	Lenten Meal Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine	3/4 cup 1/2 cup 1/2 cup 1 cup 1/2 cup 1 each 1 each
8	Chicken Marsala Au Gratin Rotini Broccoli Beet Salad Breadstick Fresh Orange Milk Margarine <i>896 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	9	Cheese Omelet Stewed Tomatoes Turkey Sausage Patty Oven Roasted Potatoes English Muffin Fresh Cantaloupe Milk Margarine Jelly <i>920 mg Sodium</i>	1 each 1/2 cup 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	10	Hamburger Patty Lettuce and Tomato Ranch Beans California Vegetable Blend Wheat Hamburger Bun Fresh Honeydew Melon Milk Mustard Ketchup <i>706 mg Sodium</i>	1 each 1/4 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	11	Baked Chicken Breast Tomato Basil Sauce Wild Rice Spinach Tossed Salad Whole Wheat Bread Warm Cinnamon Apples Milk Margarine Salad Dressing <i>546 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	12	Lenten Meal Krab Mac Salad Tomato Spoon Relish Three Bean Salad Tossed Salad Saltine Crackers Cinnamon Apples Milk Salad Dressing	1 cup 1/2 cup 1/2 cup 1 cup 2 packs 1/2 cup 1 each 1 each
15	Chicken Strips Teriyaki Sauce Steamed Rice Broccoli Sliced Carrots Whole Wheat Bread Fresh Cantaloupe Milk Margarine <i>931 mg Sodium</i>	3 oz 1 oz 1/2 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	16	Potluck		17	Mostaccioli Cauliflower Brussels Sprouts Garlic Breadstick Fresh Pineapple Milk Margarine <i>738 mg Sodium</i>	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	18	Easter Meal Glazed Ham Cubed Sweet Potatoes Asparagus Tossed Salad Whole Grain Roll Fruit Cocktail Easter Snack Cake Milk Margarine Salad Dressing	3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each	19	Center Closed	
22	BBQ Pork Rib Patty Black-eyed Peas Spinach Wheat Hamburger Bun Fresh Apple Slices Milk <i>966 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	23	Meatloaf with Tomato Gravy Whipped Potatoes Peas and Carrots Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>903 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	24	Potato Crusted Fish Confetti Rice Sliced Beets Tossed Salad Whole Wheat Bread Fresh Orange Milk Margarine Tartar Sauce Salad Dressing <i>724 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	25	Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Fiesta Vegetable Blend Corn Tortilla Fresh Pineapple Milk Taco Sauce <i>744 mg Sodium</i>	1/2 cup 1/2 oz 1 cup 1 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	26	Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Tropical Fruit Milk Margarine Salad Dressing <i>802 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each
29	Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Multi-Grain Bread Fresh Honeydew Melon Milk Margarine <i>925 mg Sodium</i>	3 each 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	30	Brunswick Chicken Stew Spinach Tossed Salad Cornbread Apple Cobbler Milk Margarine Salad Dressing <i>867 mg Sodium</i>	1 cup 1/2 cup 1 cup 1 piece 1/2 cup 1 each 1 each 1 each									

Washtenaw County May 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Green Beans Tossed Salad Whole Wheat Bread Mixed Fruit Milk Margarine Salad Dressing <i>371 mg Sodium</i>		2 Baked Chicken Breast Alfredo Sauce Rotini Pasta Broccoli Tossed Salad Whole Grain Roll Warm Spiced Peaches Milk Margarine Salad Dressing <i>463 mg Sodium</i>		3 Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>764 mg Sodium</i>	
				6 Potato Crusted Fish Macaroni and Cheese Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce <i>744 mg Sodium</i>		7 Baked Chicken Breast Creole Sauce Whole Kernel Corn Spinach Tossed Salad Multi-Grain Bread Mandarin Oranges Milk Margarine Salad Dressing <i>624 mg Sodium</i>		8 Swiss Steak Oven Roasted Potatoes Sliced Beets Tossed Salad Whole Wheat Bread Fruit Cocktail Milk Margarine Salad Dressing <i>744 mg Sodium</i>	
13 Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Apple Slices Milk Margarine Salad Dressing <i>875 mg Sodium</i>		14 Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine <i>858 mg Sodium</i>		15 Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Rye Bread Warm Spiced Pears Milk Margarine Salad Dressing <i>675 mg Sodium</i>		16 Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Potato Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>509 mg Sodium</i>		17 Chicken Salad White Bean & Olive Salad Tossed Salad Croissant Mixed Fruit Milk Salad Dressing <i>828 mg Sodium</i>	
20 Chicken Marsala Au Gratin Rotini Broccoli Beet Salad Breadstick Fresh Orange Milk Margarine <i>896 mg Sodium</i>		21 Cheese Omelet Stewed Tomatoes Turkey Sausage Patty Oven Roasted Potatoes English Muffin Fresh Cantaloupe Milk Margarine Jelly <i>920 mg Sodium</i>		22 Baked Chicken Breast Tomato Basil Sauce Wild Rice Spinach Tossed Salad Whole Wheat Bread Warm Cinnamon Apples Milk Margarine Salad Dressing <i>546 mg Sodium</i>		23 <i>Memorial Day Meal</i> Sausage w/Peppers & Onions Crispy Cubed Potatoes California Vegetable Blend Hot Dog Bun Fresh Honeydew Melon Holiday Snack Cake Milk Mustard Ketchup		24 Sliced Turkey Breast w/Gravy Cut Yams Green Beans Tossed Salad Whole Grain Roll Peaches and Cottage Cheese Milk Margarine Salad Dressing <i>564 mg Sodium</i>	
27 <i>Closed for Holiday</i> 		28 Chicken Strips Teriyaki Sauce Steamed Rice Broccoli Sliced Carrots Whole Wheat Bread Fresh Cantaloupe Milk Margarine <i>931 mg Sodium</i>		29 Chicken and Rice Bake Cabbage Tossed Salad Whole Grain Roll Apple Raisin Compote Milk Margarine Salad Dressing <i>415 mg Sodium</i>		30 Mostaccioli Cauliflower Brussels Sprouts Garlic Breadstick Fresh Pineapple Milk Margarine		30 Glazed Ham Cubed Sweet Potatoes Green Beans Tossed Salad Whole Grain Roll Fruit Cocktail Milk Margarine Salad Dressing <i>1000 mg Sodium</i>	

Washtenaw County

June 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
3	BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>	4	Meatloaf with Tomato Gravy 1 each Whipped Potatoes 1/2 cup Peas and Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>903 mg Sodium</i>	5	Potato Crusted Fish 1 each Confetti Rice 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Orange 1 each Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each <i>724 mg Sodium</i>	6	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>	7	Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Tropical Fruit 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>802 mg Sodium</i>
10	Salisbury Beef with Gravy 1 each Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>764 mg Sodium</i>	11	Brunswick Chicken Stew 1 cup Spinach 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Apple Cobbler 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>867 mg Sodium</i>	12	Baked Chicken Breast 1 piece Alfredo Sauce 1 oz Rotini Pasta 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Warm Spiced Peaches 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>463 mg Sodium</i>	13	<u>Father's Day Meal</u> Pork Roast w/Au Jus Gravy 3 oz Whipped Sweet Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Apple Pie 1 slice Milk 1 each Margarine 1 each Salad Dressing 1 each	14	Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1/2 cup Multi-Grain Bread 1 slice Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each <i>925 mg Sodium</i>
17	Potato Crusted Fish 1 each Macaroni and Cheese 1/2 cup Broccoli 1/2 cup Coleslaw 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Tarter Sauce 1 each <i>744 mg Sodium</i>	18	Swiss Steak 1 each Oven Roasted Potatoes 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fruit Cocktail 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>744 mg Sodium</i>	19	Baked Chicken Breast 1 each Creole Sauce 1 oz Whole Kernel Corn 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Mandarin Oranges 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>624 mg Sodium</i>	20	Sliced Turkey Breast w/Gravy 3 oz Scalloped Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Diced Pears 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>855 mg Sodium</i>	21	Beef Hot Dog 1 each Mixed Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hot Dog Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each <i>885 mg Sodium</i>
24	Meatloaf with Gravy 1 each Whipped Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>875 mg Sodium</i>	25	Chicken Salad 1/2 cup White Bean & Olive Salad 1/2 cup Tossed Salad 1 cup Croissant 1 each Mixed Fruit 1/2 cup Milk 1 each Salad Dressing 1 each <i>828 mg Sodium</i>	26	Pork with Supreme Sauce 3 oz Rice Florentine 1/2 cup Glazed Carrots 1/2 cup Tossed Salad 1 cup Rye Bread 1 slice Warm Spiced Pears 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>675 mg Sodium</i>	27	Lemon Pepper Chicken 1 piece Whipped Sweet Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Potato Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>509 mg Sodium</i>	28	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>858 mg Sodium</i>