

2023

APRIL



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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2



Milk  
Served  
Daily

AVERAGE  
KCAL  
PER  
WEEK  
500-800

Steak Fingers,  
Mashed Potatoes  
w/Gravy, Carrots.  
WG Roll

03

04

05

06

CLOSED 07

08

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3

Chicken ala Peach,  
Mashed Potatoes,  
Green Beans,  
Dinner Roll,  
Pudding

Chile Colorado,  
Rice with Corn,  
Refried Beans, WG  
Tortillas

Beef Patty Melt,  
Dilled Carrots,  
Steamed Peas, WG  
Bun

Beef and Bean  
Burrito, Corn,  
Mixed Vegetables,  
Fruit Cup

Fiesta Salad w/  
Grilled Chicken,  
Black Bean and  
Corn, Canned Fruit

Pretzel Dogs, Pinto  
Beans, Corn,  
Pudding

10

11

12

13

14

15

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4

Pork Riblet w/ BBQ  
Sauce, 5-Way  
Vegetable Blend,  
Garlic Smashed  
Potatoes, Animal  
Crackers

Kung Pao Beef,  
White Rice,  
Broccoli, Fortune  
Cookie

Breaded Fish,  
Macaroni and  
Cheese, Price  
Vegetables, Fruit  
Cup

Chicken w/ Alfredo  
Sauce, Green  
Beans, Pasta, WG  
Roll, Fresh

Turkey Cobb Salad,  
Carrot and  
Cranberry, Canned  
Fruit, WW Crackers

Smothered Burger  
w/ Mushrooms,  
Red Potatoes,  
Mixed Vegetable,  
WG Hamburger  
Bun

17

18

19

20

21

22

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5

Salisbury Steak in  
Gravy, Mashed  
Potato, Diced  
Carrots, Dinner  
Roll, Pudding

Chicken Pozole,  
Coleslaw, Canned  
Fruit, WG Roll

Mexican Discada,  
Spanish Rice,  
Chuckwagon Corn,  
WG Tortilla, Fruit  
Cup

Beef Flautas, Star  
Soup, Refried  
Beans, Fresh Fruit

Chicken Salad on  
Mixed Greens,  
Potato Salad,  
Applesauce, WG  
Croissant, Sun  
Chips

Bratwurst w/  
Sauerkraut, Green  
beans, Steamed  
Carrots, Hoagie  
Roll

24

25

26

27

28

29

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1

Pork Chopette,  
Black beans, Green  
Beans, WG Roll,  
Fresh Fruit

Country-Fried  
Steak, Mashed  
Potatoes w/ Gravy,  
Glazed Carrots,  
WG Roll,  
Applesauce

Turkey Meatballs,  
Peas, Roasted  
Corn, WG Roll,  
Fresh Fruit

Chicken Mole,  
Refried Beans,  
Spanish Rice, WG  
Tortilla, Cookie

**B-DAY CAKE**  
Tuna Salad, on  
mixed greens,  
Carrot and Raisin  
salad,, Cucumber  
medley, Croissant

Grilled Chicken  
Nuggets, Macaroi  
and Cheese, Mixed  
vegetables, WG  
Dinner Roll

Approved by Jesse Selisniky RDN  
Food and Nutrition solutions LLC

March 21 2023

2023

MAY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02	03	04	05	06
w e e k 2	Beef Chile Verde, Mixed vegetables, Refried Beans, WG Tortilla	Pork Egg Rolls, White Rice, Broccoli, Fortune Cookie	Chicken Fajitas, Chuckwagon Corn, Pinto Beans, WG Tortilla	Fish Sandwich, Roasted Potatoes, Prince Vegetables, WG Bun, Goldfish Crackers	Beef Flautas, Star Soup, Refried Beans, Fresh Fruit	Steak Fingers, Mashed Potatoes w/Gravy, Carrots. WG Roll
	08	09	10	11	12	13
w e e k 3	Chicken ala Peach, Mashed Potatoes, Green Beans, Dinner Roll, Pudding	Chile Colorado, Rice with Corn, Refried Beans, WG Tortillas	Beef Patty Melt, Dilled Carrots, Steamed Peas, WG Bun	Beef and Bean Burrito, Corn, Mixed Vegetables, Fruit Cup	Fiesta Salad w/ Grilled Chicken, Black Bean and Corn, Canned Fruit	Pretzel Dogs, Pinto Beans, Corn, Pudding
	15	16	17	18	19	20
w e e k 4	Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, Animal Crackers	Kung Pao Beef, White Rice, Broccoli, Fortune Cookie	Breaded Fish, Macaroni and Cheese, Price Vegetables, Fruit Cup	Chicken w/ Alfredo Sauce, Green Beans, Pasta, WG Roll, Fresh	Turkey Cobb Salad, Carrot and Cranberry, Canned Fruit, WW Crackers	Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WG Hamburger Bun
	22	23	24	25	26	27
w e e k 5	Salisbury Steak in Gravy, Mashed Potato, Diced Carrots, Dinner Roll, Pudding	Chicken Pozole, Coleslaw, Canned Fruit, WG Roll	Mexican Discada, Spanish Rice, Chuckwagon Corn, WG Tortilla, Fruit Cup	Beef Flautas, Star Soup, Refried Beans, Fresh Fruit	<b>B-DAY CAKE</b> Pretzel Dogs, Pinto Beans, Corn, Pudding	Bratwurst w/ Sauerkraut, Green beans, Steamed Carrots, Hoagie Roll
	<b>CLOSED</b> 29	30	31			
w e e k 1	Pork Chopette, Black beans, Green Beans, WG Roll, Fresh Fruit	Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WG Roll, Applesauce	Turkey Meatballs, Peas, Roasted Corn, WG Roll, Fresh Fruit	<b>Milk Served Daily</b>	 Senior Nutrition what's for lunch El Paso?	<b>AVERAGE KCAL PER WEEK 500-800</b>

**SPECIAL MEAL SERVE ON FRIDAY MAY 5 (CINCO DE MAYO)**

**BEEF FLAUTAS 5 DE MAYO**

**SPECIAL MEAL SERVE FRIDAY MAY 26 (MEMORIAL DAY)**

**PRETZEL DOGS MEMORIAL DAY**

*Jesse Selinsky*

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Food and Nutrition solutions LLC  
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JUNE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
w e e k 1		Milk Served Daily	AVERAGE KCAL PER WEEK 500-800	01 Chicken Mole, Refried Beans, Spanish Rice, WG Tortilla, Cookie	02 Tuna Salad, on mixed greens, Carrot and Raisin salad,, Cucumber medley, Croissant	03 Grilled Chicken Nuggets, Macaroi and Cheese, Mixed vegetables, WG Dinner Roll
w e e k 2	05 Beef Chile Verde, Mixed vegetables, Refried Beans, WG Tortilla	06 Pork Egg Rolls, White Rice, Broccoli, Fortune Cookie	07 Chicken Fajitas, Chuckwagon Corn, Pinto Beans, WG Tortilla	08 Fish Sandwich, Roasted Potatoes, Prince Vegetables, WG Bun, Goldfish Crackers	09 Egg Salad w/ Celery & Bell Pepper, Lettuce & Tomato, Pickled Beets, WG Croissant	10 Steak Fingers, Mashed Potatoes w/Gravy, Carrots. WG Roll
w e e k 3	12 Chicken ala Peach, Mashed Potatoes, Green Beans, Dinner Roll, Pudding	13 Chile Colorado, Rice with Corn, Refried Beans, WG Tortillas	14 Beef Patty Melt, Dilled Carrots, Steamed Peas, WG Bun	15 Beef and Bean Burrito, Corn, Mixed Vegetables, Fruit Cup	16 Fiesta Salad w/ Grilled Chicken, Black Bean and Corn, Canned Fruit	17 Pretzel Dogs, Pinto Beans, Corn, Pudding
w e e k 4	19 <b>CLOSED</b> Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, Animal Crackers	20 Kung Pao Beef, White Rice, Broccoli, Fortune Cookie	21 Breaded Fish, Macaroni and Cheese, Price Vegetables, Fruit Cup	22 Chicken w/ Alfredo Sauce, Green Beans,Pasta , WG Roll, Fresh	23 Turkey Cobb Salad, Carrot and Cranberry, Canned Fruit, WW Crackers	24 Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WG Hamburger Bun
w e e k 5	26 Salisbury Steak in Gravy, Mashed Potato, Diced Carrots, Dinner Roll, Pudding	27 Chicken Pozole, Coleslaw, Canned Fruit, WG Roll	28 Mexican Discada, Spanish Rice, Chuckwagon Corn , WG Tortilla, Fruit Cup	29 Beef Flautas, Star Soup, Refried Beans, Fresh Fruit	30 <b>B-DAY CAKE</b> Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WG Croissant, Sun Chips	

*Jesse Selisny*

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