

Soprema Café - June 2022

Voucher Meals 11:30 am – 1:30 pm

Monday	Tuesday	Wednesday	Thursday
<p>Menu Approved by: <i>Ann Stahlheber, M.S., R.D.N., L.D.</i></p>		<p>1 Roasted Chicken – 3oz Wedge Potatoes – ½ cup Corn – ½ cup Whole Wheat Slice – 1 Oatmeal Cookie - 1 Cranberry Juice – 1 cup</p>	<p>2 Kielbasa – 4oz Noodles – ½ cup Mixed Vegetables – ½ cup Applesauce – ½ cup Mixed Fruit – ½ cup Whole Wheat Slice – 1</p>
<p>6 Chicken & Noodle Casserole – 1 ½ cup Broccoli – ½ cup Lima Beans – ½ cup Whole Wheat Roll – 1 Pears – ½ cup</p>	<p>7 Cheeseburger – 3 oz, Bun – 2 oz American Cheese – 1 slice Tator Tots – ½ cup Baked Beans – ½ cup Strawberries – ½ cup Peaches – ½ cup</p>	<p>8 Meatloaf – 3 oz Buttered Noodles – 1/2 cup Corn – ½ cup Applesauce – ½ cup Oat Bread Slice – 1</p>	<p>9 Baked Fish – 3 oz Tarter Sauce – 3 tablespoons Baked French Fries - 1 cup Green Beans – ½ cup Whole Wheat Roll – 2 oz Apple Juice – 1 cup</p>
<p>13 Hot Dog – 3 oz, with bun – 2 oz Tator Tots – 1/2 cup Baked Beans – ½ cup Pears – ½ cup</p>	<p>14 Chicken Taco – ½ cup with Salsa – ¼ cup Tortilla Shell – 1 Mexican Street Corn – ½ cup Refried Beans – ½ cup Spanish Rice – ½ cup Grapes – 20</p>	<p>15 Baked Fish – 3 oz. /Tarter Sauce – 3 tbs. French Fries – 1 cup Peas – ½ cup Coleslaw – 1/ 2 cup Whole Wheat Roll – 2 oz Peaches – ½ cup</p>	<p>16 Rigatoni and meatballs – 1 cup Green House Salad – 1 cup Dressing – 1 PC Green Beans – ½ cup Italian Bread Slice – 1 Applesauce - ½ cup</p>
<p>20 BLT - Bacon 2 slices, Lettuce – ¼ cup and Tomato - 2 slices, on Wheat Bread -2 Pickle Spear - 1 Pretzel Sticks – 10 Medium Apple -1</p>	<p>21 Beef Lasagna – 1 cup Green and Gold Beans – ½ cup Green Salad – ½ cup Applesauce – ½ cup Whole Wheat Roll – 1 Sliced Peaches – ½ cup</p>	<p>22 Tuna Noodle Casserole – 1 cup Green Salad – 1 cup Dressing – 1 Green Peas – ½ cup Whole Wheat Slice - 1 Grapes – 20</p>	<p>23 Roasted Chicken – 3 oz Pasta Salad with Veggies – ½ cup Corn – ½ cup Mixed Fruit – ½ cup Whole Grain Bun – 2 oz.</p>
<p>27 Pulled BBQ Pork – ½ cup on bun – 2 oz Macaroni Salad – ½ cup Sliced Beets – ½ cup Baked Beans – ½ cup Peaches – ½ cup</p>	<p>28 Beef Sloppy Joes - 4 oz, bun – 2 oz Pasta Salad with veggies – ½ cup Lima Beans – ½ cup Fruit Cocktail – ½ cup</p>	<p>29 Chicken / Broccoli Alfredo – 1 cup Green Salad – 1 cup Dressing – 1 Carrots – ½ cup Whole Wheat Roll – 2 oz Cranberry Juice – 1 cup</p>	<p>30 Salisbury Steak – 3 oz Mashed Potatoes – ½ cup/Gravy – ¼ cup Carrots – ½ cup Pears – ½ cup Whole Wheat Slices – 2</p>

All Meals include choice of milk or calcium fortified juice

Alternate 1: Cold deli meat sandwich – 4 ounce with chips -1/2 cup, pickle spear and Orange

Alternate 2: Green Salad – 2 cups with Chicken Strips -4 ounce, dressing – 1 piece and Whole Wheat Roll -2 ounce and 1 orange