

Ruffy Holmes Senior Lunch Clubs

June 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fried Chicken Breast, Green Beans, Peaches, Wheat Bread, Cookies, Milk, Apple Juice	4 Oven Fried Fish Filet, Cabbage, Fruit Cocktail, Oven Browned Potatoes, Cornbread, Tartar Sauce, Bread Pudding, Milk	5 Spaghetti, Tossed Salad w/ Reduced Fat Dressing, Orange Juice, Garlic Bread, Peach Cobbler, Milk, Parmesan Cheese	6 Baked Chicken Breast w/ Gravy, Broccoli Casserole, Citrus Salad, Whipped Potatoes, Roll, Fruit Nutri- Grain Bar, Milk	7 Cheeseburger w/ Lettuce & Tomato, Peaches, Baked Beans, Graham Crackers, Milk, Ketchup, Light Mayo, Mustard
10 BBQ Chicken Breast, Squash Casserole, Orange Juice, Lima Beans, Roll, Melon Cubes, Milk	11 Turkey Smoked Sausage, Cabbage, Fruit Cocktail, Sliced New Potatoes, Cornbread, Chocolate Pudding, Milk	12 Hot Dog w/ Chili & Onions, Coleslaw, Apple Juice, Baked Beans, Sugar Cookies, Milk, Mustard, Ketchup	13 Turkey & Cheese Sandwich w/ Lettuce & Tomato, Melon Cubes, Potato Salad, Wheat Bread, Mayo, Chocolate Chip Cookies, Milk, Mustard	14 Baked Pork Chop w/ Gravy, Cabbage, Applesauce, Rice, Roll, Margarine, Milk
17 Cheeseburger w/ Lettuce & Tomato, Coleslaw, Baked Beans, Melon Cubes, Brownie, Milk, Ketchup, Mustard	18 Chicken Salad w/ Lettuce & Tomato, Veggie Pasta Salad, Wheat Bread, Banana Pudding, Milk	19 Chicken Filet Sandwich w/ Lettuce & Tomato, Honey Glazed Carrots, Cranberry Juice, Baked Beans, Mayo, Pears, Milk	20 Chicken Pot Pie, Broccoli & Cauliflower, Wheat Roll, Strawberry Shortcake, Milk	21 BBQ Boneless Pork Rib, Cabbage, Orange Juice, Hash Brown Casserole, Cornbread, Mandarin Oranges, Milk
24 Pinto Beans, Okra & Tomatoes, Orange Juice, Macaroni & Cheese, Cornbread, Milk, Onions	25 Ham & Cheese Sandwich w/ Lettuce & Tomato, Peaches, Potato Salad, Mayo, Nutri-Grain Fruit Bar, Milk, Mustard	26 Oven Fried Chicken Breast, Coleslaw, Carrots, Corn, Biscuit, Margarine, Fruit Cocktail, Milk	27 BBQ Meatballs, Noodles, Squash Casserole, Apple Juice, Wheat Roll, Chocolate Chip Cookies, Milk	28 Chicken & Dumplings, Mixed Greens, Stewed Apples, Roll, Margarine, Fig Bar, Milk