



June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/1/2026 Breaded Steak Fingers [15] with Whipped Potatoes [17]♥ Garden Vegetable Medley [12]♥ Peppery Country Gravy [8] <i>Whole Grain Roll [12] ♥</i> <i>Applesauce [14]♥</i> <i>2% Milk [12]♥</i> 680 calories/27 g protein	6/2/2026 Chicken & Cheese Tamales [25] Spanish Rice [24]♥ Refried Beans [24]♥ <i>Mild Salsa [3]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12]♥</i>	6/3/2026 Hearty Beef Stroganoff [17] Parslied Peas & Pearl Onions [10]♥ Buttered Baby Carrots [10]♥ <i>WG Sliced Bread[13]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>	6/4/2026 Creamy Dijon Chicken [14] Cheesy Scalloped Potatoes[22] Green Beans w/ Turkey Bacon [7] ♥ <i>Whole Grain Roll [12] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>	6/5/2026 Lemon Buttered Pollock [13] Creamy Shells & Cheese [22] Broccoli Normandy [7] ♥ <i>Whole Grain Roll [12] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i>
6/8/2026 Italian Beef Cavatappi [33] Winter Vegetable Medley [7]♥ Honey Glazed Carrots [14]♥ <i>Whole Grain Roll [12] ♥</i> <i>Parmesan Cheese [1]♥</i> <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i> 720 calories/32 g protein	6/9/2026 Sweet & Tangy Tangerine Chicken [26] w/ Fluffy Sesame Brown Rice[22]♥ Vegetable Filled Spring Rolls [13] Stir-Fry Vegetable Medley [5]♥ <i>Fortune Cookie [4]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i>	6/10/2026 Savory Turkey Chili w/ Beans [10] over a Sweet Cornbread Bowl [33] California Vegetable Medley [7] ♥ Southern Succotash[20]♥ <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>	6/11/2026 Smoked BBQ Brisket [12] Rosemary Roasted Potatoes [15] ♥ Southern Style Okra [8]♥ <i>WG Sliced Bread[13]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12]♥</i>	6/12/2026 QUARTERLY TRAINING -HEAL HOLIDAY Personal Cheese Pizza [28] Parslied Peas & Carrots[9]♥ Seasoned Sweet Corn [18]♥ <i>Garlic Bread [14]♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i> 660 calories/32 g protein
6/15/2026 Old-Fashioned Swiss Steak [11] Bow Tie Skillet Alfredo [22] Seasoned Brussel Sprouts [7]♥ <i>Whole Grain Roll [12] ♥</i> <i>Diced Pears [18]♥</i> <i>2% Milk [12] ♥</i> 650 calories/32 g protein	6/16/2026 Creamy Chicken & Veggie Pasta [22] Seasoned Sweet Corn [18]♥ Herbed Green Beans [6]♥ <i>Buttermilk Biscuit [27]</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i>	6/17/2026 Flame Grilled Cheeseburger [3] Seasoned Potato Wedges [23]♥ Mixed Vegetable Medley [12]♥ <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion Garnish [4]♥</i> <i>Ketchup & Mustard [2]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>	6/18/2026 Creole Style Smothered Chicken [11] Red Beans & Rice [25]♥ Chuckwagon Corn [14]♥ <i>WG Sliced Bread[13]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>	6/19/2026 JUNETEENTH -HEAL HOLIDAY Homestyle Meatloaf [6] w/ Whipped Potatoes [17]♥ Peas w/ Pearl Onions [10]♥ Parslied Carrots [7]♥ Cornbread Loaf [29] ♥ <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i> 690 calories/30 g protein
6/22/2026 10 Grain Breaded Pollock [21] Cheesy Orzo w/ Broccoli [23] Garden Vegetable Medley [12] ♥ <i>WG Sliced Bread [13] ♥</i> <i>Tartar Sauce[1] ♥</i> <i>Applesauce [14]♥</i> <i>2% Milk [12] ♥</i> 700 calories/34 g protein	6/23/2026 Kielbasa w/ Peppers & Onions [8] Buttered Parsley Potatoes [19]♥ Seasoned Carrots [7]♥ <i>Hot Dog Bun [23]</i> <i>Ketchup & Mustard [2]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i>	6/24/2026 Chicken Cacciatore [17] Garlic Buttered Penne Pasta [21]♥ Italian Vegetable Medley [12]♥ <i>WG Sliced Bread[13]♥</i> <i>Parmesan Cheese [1]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>	6/25/2026 Carne Guisada [3]♥ over Spanish Rice [24]♥ Charro Beans [19] Corn & Squash Medley [9]♥ <i>Whole Grain Roll [12] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>	6/26/2026 Country Chicken Fried Chicken [19] Garlic Mashed Potatoes [17]♥ Garden Vegetable Medley [12]♥ <i>Cornbread Loaf [29] ♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i> 750 calories/36 g protein
6/29/2026 French Onion Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Brown Sugar Glazed Carrots [10]♥ <i>WG Sliced Bread[13]♥</i> <i>Peaches in Strawberry Gelatin [24]♥</i> <i>2% Milk [12] ♥</i> 660 calories/27 g protein	6/30/2026 Southwest Turkey Pasta Skillet [18] Parslied Peas & Carrots [9] ♥ Seasoned Sweet Corn [18]♥ <i>Whole Grain Roll [12] ♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i>	7/1/2026 Teriyaki Glazed Meatballs [11] over Vegetable Fried Rice [23] ♥ Steamed Edamame Dumplings [12] ♥ Broccoli Florets w/ Red Peppers [5] ♥ <i>Fortune Cookie [4]♥</i> <i>Grapes [11]♥</i> <i>2% Milk [12] ♥</i>	7/2/2026 Carolina Gold Chicken Sandwich [12] Herb Roasted Red Potatoes [15] ♥ Southern Style Green Beans [7]♥ <i>WG Hamburger Bun [23]</i> <i>Lettuce, Tomato, Onion Garnish [4]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i>	7/3/2026 FOURTH OF JULY -HEAL HOLIDAY Breaded Chicken Drumstick [10] BBQ Baked Beans [30] California Vegetable Medley [7]♥ <i>WG Sliced Bread [13]♥</i> <i>Cookie [22]♥</i> <i>Apple Slices [7]♥</i> <i>2% Milk [12] ♥</i> 745 calories/36 g protein
<i>Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability.</i>				
Legend	[g of carbs]; ♥= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray 🍽️ =Meatless Meal (may contain eggs and/or dairy)			
Comments	1. Total daily calories and grams of protein include the meal, side items and 2% milk as beverage of choice. 2. For those watching their carbohydrate intake, the amount of [grams] of carbs per serving is listed beside each menu item in brackets. It is generally recommended that meals consist of 45-75 g of carbohydrates			