



June

2026

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| <p>31 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert</p> | | | | <p>1 Ford Retirees Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p> | | <p>2 Corn Flake Chicken Red Skin Potatoes Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p> | | <p>3 Birthday Dinner Hot Beef Sandwiches Mashed Potatoes Green Beans Birthday Cake & Ice Cream 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)</p> | | <p>4 Class of '69 Lunch Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p> | | <p>29 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p> | | <p>30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> | |
| <p>7 Bingo Chicken Cordon Bleu Baked Potatoes Broccoli / Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p> | | <p>8 Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p> | | <p>9 Class of '58 Lunch Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p> | | <p>10 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | | <p>11 Spiral Ham with pineapple Country Potatoes Prince Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod</p> | | <p>12 Flag Day USA Wild Caught Cod Brown and Wild Rice Broccoli / Dessert 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p> | | <p>13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> | | | |
| <p>14 Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p> | | <p>15 Lunch & Learn Class of '65-66 Lunch Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread/ Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod (No other options today)</p> | | <p>16 Spaghetti Spinach Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p> | | <p>17 Class of '67 Breakfast Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p> | | <p>18 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p> | | <p>19 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar Lip Sync & Spaghetti Dinner</p> | | <p>20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> | | | |
| <p>21 Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p> | | <p>22 Lunch & Learn Salsa Meat Loaf Mashed Potatoes Green Beans / Roll /Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod (No other options today)</p> | | <p>23 BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | | <p>24 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein</p> | | <p>25 Health Odyssey Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p> | | <p>26 Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans / Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p> | | <p>27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> | | | |
| <p>28 \$6 Rib Special</p> | | <p>29 Hot Roast Beef Sandwiches</p> | | <p>30 Soup & Sandwich \$2 (No other options today)</p> | | <p>Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.</p> | | | | | | | | | |