





White Pine Nutrition Program
May-23

Monday	Tuesday	Wednesday	Thursday	Friday
1 Orange Chicken Rice Pilaf Spring Salad Green Beans Pineapple Tidbits	2 Beef Stew Garden Salad w Peas Biscuit Mandarin Oranges	3 #9 Sweet Italian Sausage Bell Peppers & Onions WW Pasta Steamed Broccoli Mixed Green Salad Banana	4 #14 Beef Patty/WW Bun Tomato/Lettuce/Onion Baked Beans Mixed Veggies Cantaloupe Chunks	5 Chef Salad Garlic Bread Mixed Berries Dessert
8 Breaded Cod Steak Fries Zucchini Pickled Beet Salad Fruit	9 Sub Sandwich on WW Hoagie Lettuce/Tomato/Onion Broccoli Salad Chips Apple Slices	10 # 81 Stuffed Pork Chops Steamed Spinach 3 Bean Salad WW Roll Pineapple Tidbits	11 #55 Beef Tacos Lettuce & Tomato Ranch Beans Mexicorn Orange	12 Chicken Florentine Soup Caesar Salad Fruit Orange Jell-O with Mandarin Oranges
15 Salmon/Alfredo Sauce over Fettuccini 5 Way Mixed Veggies Peaches	16 # 46 Lasagna Chopped Spinach Garlic Toast Orange	17 # 182 Pesto Chicken with Penne Caprese Salad w/ balsamic WW Bread Strawberries	18 Peppercorn Pork Roast Baked Yam Green Beans Garden Salad w/ Peas Pears	19 Roast Beef Red Potatoes Carrots Mandarin Oranges WW Roll Dessert
22 Chicken Fried Steak Mashed Potatoes/Gravy Cali Blend Veggies Biscuit Fruit Cocktail	23 #123 Chicken Tenders Potato Wedges Garden Salad w/ Peas WW Bread Banana	24 Bratwurst on WW Hot Dog Bun Sauerkraut Potato Salad Apricots	25 # 97 Chicken Cacciatore Italian Blend Veggies Lettuce & Tomato Salad Garlic Bread Pears	26 Sliced Ham Au gratin Potatoes Brussels Sprout WW Roll Pineapple Tidbits Birthday Cake
29  MEMORIAL DAY	30 Herb Baked Chicken Cubed Sweet Potatoes 5 Way Mixed Veggies Applesauce	31 #3 Meat Loaf Mashed Potatoes/Gravy Steamed Spinach WW Bread Tropical Fruit		

HOME BOUND PLEASE CALL BEFORE 8AM IF YOU WILL NOT BE HOME - 775-289-2742

2% Milk Served Daily

Menu Subject to Change
 Without Notice

Mashed Potatoes
 Served with Gravy

To make or cancel RESERVATIONS: 775-289-2742

