

COAST May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Smothered Chicken Delmonico Potatoes Green Beans Wheat Bread Oatmeal Creme Cookie Milk Margarine	Meatloaf Brown Gravy Lima Beans Sliced Carrots Dinner Roll Fresh Orange Milk Margarine	Sliced Ham Mashed Red Potatoes Cabbage Wheat Roll Chocolate Swirl Pudding Milk Margarine	Beef Patty Ranch Beans Lettuce Tomato Hamburger Bun Hot Spiced Fruit Chocolate Milk Ketchup	Chicken Chef Salad Cucumber Salad Beet Salad Saltine Crackers Seasonal Fruit Milk Salad Dressing
8	9	10	11	12
Smoked Sausage Red Kidney Beans Parslied Rice Garden Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Creole Steak Garlic Whipped Potatoes Peas and Carrots Wheat Bread Oatmeal Raisin Cookie Milk Margarine	Bowtie Lasagna Green Beans Whole Kernel Corn Dinner Roll Seasonal Fruit Milk Margarine	Pork Roast Brown Gravy Parslied Rice Turnip Greens 100% Fruit Juice Cornbread Fudge Creme Cookie Milk Margarine	~Mother's Day Meal~ Baked Chicken with Gravy Twice Whipped Potatoes Broccoli Florets Texas Bread Devil's Food Cake Milk Margarine
15	16	17	18	19
Salisbury Steak Northern Beans Sliced Carrots Wheat Bread Seasonal Fruit Milk Margarine	Breaded Chicken Patty Cheesy Whipped Potatoes Spring Vegetable Blend Hamburger Bun Sugar Cookie Milk Ketchup	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Margarine	Glazed Ham Black-eyed Peas Cabbage Cornbread Fresh Orange Milk Margarine	Chicken and Sausage Gumbo Steamed Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Peanut Butter Cookie Chocolate Milk
22	23	24	25	26
Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Fudge Creme Cookie Milk Margarine	Baked Meatballs Brown Gravy Whipped Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	Barbecue Chicken Pinto Beans California Vegetable Blend Dinner Roll Chocolate Chip Cookie Milk Margarine	Sliced Turkey Breast Poultry Gravy Loaded Potatoes Green Peas Dinner Roll Seasonal Fruit Milk Margarine	~Memorial Day~ Hot Dog Hashbrown Casserole Baked Beans Hot Dog Bun Birthday Cake Milk Mustard
29	30	31		
Closed for Holiday	Meatloaf Brown Gravy Lima Beans Sliced Carrots Dinner Roll Fresh Orange Milk Margarine	Sliced Ham Mashed Red Potatoes Cabbage Wheat Roll Chocolate Swirl Pudding Milk Margarine		

Kim Dommert RD, LD