
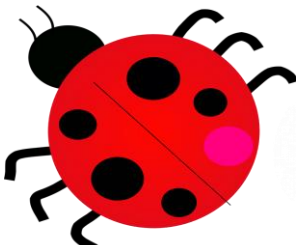



NCAA Golden Meals
JUNE 2019

Serving Time 11:00am-12:45pm

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

6/3	6/4	6/5	6/6	6/7
Swedish Meatballs Parslied Potatoes Mixed Vegetables Fresh Fruit	Lemon Pepper Chicken Cheesy Potatoes Green Beans Fresh Fruit	Pepper Steak Mashed Potatoes Corn Fresh Fruit	Ham Loaf Sweet Potatoes Peas Fruit	Ham Salad Cole Slaw Fresh Fruit Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
6/10	6/11	6/12	6/13	6/14
Italian Sausage/Green Peppers Red Potato Wedges Green Beans Fresh Fruit Whole Wheat Bun	Baked Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit BLOOD PRESSURE SCREENING	Roast Beef Mashed Potatoes Corn Fresh Fruit	Glazed Baked Ham Mashed Potatoes Carrots Fresh Fruit	Chicken Salad Pea Salad Peaches Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
6/17	6/18	6/19	6/20	6/21
Sloppy Joes Potato Wedges Applesauce Whole Wheat Bun	Tuna & Noodle Casserole Peas Fruit	Salisbury Steak Mashed Potatoes Lima Beans Fresh Fruit	Baked Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit	Tuna Salad Potato Salad Applesauce Whole Wheat Bun Buffet @ Freeport Golden Meals Dining Room Only
6/24	6/25	6/26	6/27	6/28
Hot Dogs Cheesy Potatoes Baked Beans Fruit Whole Wheat Bun	Scalloped Potatoes & Ham Peas Fresh Fruit GROCERY BINGO	Spaghetti Mixed Vegetables Fresh Fruit	Baked Cod In Lemon Butter Parslied Potatoes Spinach Fresh Fruit	Chili Applesauce Corn Bread Buffet @ Freeport Golden Meals Dining Room Only
FHN WILL BE HAVING GLUCOSE, FOOT & BLOOD PRESSURE SCRENNINGS JUNE 14TH FROM 10:30AM TO 12:00PM				
Bread, Margarine & Milk Offered With Every Meal				