

MERCER COUNTY NUTRITION LUNCHES

JUNE 2018 Center: Robbinsville Center Director: Renee Burris Center Phone: 609-259-1567

The Nutrition program continues to grow!

To make room for all participants, reserve your spot ahead of time.

If you cannot join us, make sure to cancel your reservation.

Thank you for your consideration



**BRIAN M. HUGHES**  
COUNTY EXECUTIVE

DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE  
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



**STAY HYDRATED**  
STAY INFORMED

**EXTREME HEAT**  
CONSIDER YOUR OPTIONS  
DRINK MORE!

WHO'S AT RISK?  
WHAT CAN YOU DO?  
STAY COOL

LEARN MORE!  
www.mercercounty.org

1 PIZZA W/PEPPERONI JUICE  
THREE BEAN SALAD  
COLESLAW  
MUFFIN  
CHOCOLATE PUDDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <i>Multicultural meal</i> KIELBASA W/MUSTARD JUICE PIEROGI SAUERKRAUT CLUB ROLL CHOCOLATE CHIP COOKIES	5 CHICKEN TETRAZZINI JUICE EGG NOODLES PEAS & PEARL ONIONS WHOLE WHEAT BREAD BLACK & WHITE COOKIE	6 BREADED PORK NAVY BEAN SOUP TATER TOTS W/KETCHUP MIXED VEGETABLES PUMPKINCKEL BREAD TAPIOCA PUDDING	7 BBQ CHICKEN W/BBQ SAUCE JUICE SWEET POTATO CHUNKS RED CABBAGE DINNER ROLL BANANA	8 CHICKEN SALAD ON LETTUCE LEAF W/ EXTRA MAYO PACKET BEEF AND BARLEY SOUP MACARONI SALAD BEET AND ONION SALAD WHOLE WHEAT BUN JELL-O
11 BROCCOLI & CHEESE STUFFED CHICKEN JUICE TRI-COLOR ROASTED POTATOES CAULIFLOWER RYE BREAD FRESH PEAR	12 <i>Super Tuesday</i> EGG SALAD W/LETTUCE LEAF W/EXTRA MAYO PACKET CHICKEN VEGETABLE SOUP POTATO SALAD BROCCOLI SALAD (2) SLICES OF RYE BREAD AND PUMPKINCKEL SWIRL GRANOLA BAR	13 <i>Flag Day</i> ROASTED TURKEY W/GRAVY JUICE CONFETTI RICE SNAP PEAS WHOLE WHEAT BREAD VANILLA ICE CREAM W/FRESH BLUEBERRIES	14 MEATBALLS W/TOMATO SAUCE & PARMESAN CHEESE JUICE SPAGHETTI W/MARINARA SAUCE ITALIAN VEGETABLES ITALIAN BREAD BROWNIE	15 BAKED FISH W/TARTAR SAUCE CORN CHOWDER VEGETABLE RICE BABY CARROTS RYE BREAD FRUIT COCKTAIL
18 <i>Father's Day Lunch</i> (2) BEEF HOTDOGS W/ KETCHUP, MUSTARD & RELISH JUICE BAKED BEANS TOMATO, CUCUMBER & ONION SALAD (2) HOTDOG BUNS PIE	19 <i>Advisory Council @ Robbinsville</i> LOW SALT HAM W/PINEAPPLE SALSA SPLIT PEAS SOUP MASHED SWEET POTATOES SEASONED ZUCCHINI SLICES RYE BREAD FRUIT COCKTAIL	20 MEAT LASAGNA W/TOMATO SAUCE JUICE CORN W/GREEN & RED PEPPERS SPINACH SALAD W/ DRIED CRANBERRIES & LITE VINAIGRETTE ITALIAN BREAD STRAWBERRY YOGURT	21 SIRLOIN TIPS W/BROWN GRAVY JUICE MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD MANDARIN ORANGES	22 <i>Fitness Friday</i> A SALAD WITH CHICKEN STRIPS, ROMAINE LETTUCE, TOMATO, SHREDDED CARROTS & ITALIAN DRESSING MINISTRONE SOUP SUN CHIPS DINNER ROLL PINEAPPLE TIDBITS
25 CHICKEN PARMESAN W/MOZZARELLA CHEESE, TOMATO SAUCE & PARMESAN CHEESE JUICE PENNE W/TOMATO SAUCE ITALIAN FLAT GREEN BEANS ITALIAN BREAD VANILLA PUDDING	26 TURKEY AND PROVOLONE W/MAYO & MUSTARD TURKEY RICE SOUP PASTA SALAD LETTUCE & TOMATO CLUB ROLL GRAHAM CRACKERS	27 STUFFED CABBAGE JUICE MASHED POTATOES SPINACH SALAD W/BALSAMIC VINAIGRETTE WHOLE WHEAT BREAD FIG BAR	28 <i>"Healthwise"</i> CHICKEN BREAST W/ MANGO SALSA JUICE WILD & BROWN RICE BLEND BROCCOLI RYE BREAD FRESH PLUM	29 CRAB CAKE W/ TARTAR SAUCE JUICE MACARONI & CHEESE STEWED TOMATOES WHOLE WHEAT HAMBURGER BUN OATMEAL COOKIE