



MAY | 2018

It is not healthy to avoid carbohydrates entirely.
*Asterisks are next to menu items that are moderately high to high in carbohydrates to aide our diabetic clients.

Mason County Home Delivered Meal Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*BBQ Ribette Spinach Mixed Vegetables Orange Wedges *Dinner roll 1 % milk	1 *Cheeseburger *Bun *Coleslaw *Hashbrown *Applesauce 1 % milk	2 *Baked Ham *Scalloped Potato *Peas Pear *Dinner roll/ 1 % milk	3 *Hamburger and Cheese Macaroni Bake Green Beans *Banana 1% milk	4 Fiesta Lasagna Refried Beans Apple Slices 1% milk “Cinco de Mayo” On May 5 th
7 *Salisbury Steak *Red Skins Green Beans Pears *Dinner roll 1 % milk	8 *Roast Beef Mashed Potato/ Gravy *Corn *Apricots *Homemade dinner roll	9 *Chicken Pot Pie Veg in entrée Carrots Fresh Fruit *Biscuit in entree 1 % milk	10 *Country Fried Steak *Carrots *Beets *Red Grapes *Wheat Bread 1 % milk	11 *Lasagna *Cauliflower Au gratin Tossed Salad *Warm Spiced Peaches *Garlic Bread 1 % milk
14 *Crispy Baked Chicken *Potato Salad *Carrots *Cornbread Applesauce 1% milk	15 * Spaghetti w/Meat Sauce Garden Salad *Asparagus *Diced Peaches *Garlic Bread 1 % milk	16 *Pork Cutlet *Red Skin Potatoes *Creamed Corn Oranges * Sliced Bread 1 % milk	17 *Thursday Pizza Day *Tossed Salad Green Beans Fruit Salad * 1 % milk	18 *Goulash Spinach Peas *Cantaloupe *Breadsticks 1% milk
21 *Swiss Steak *Augratin Potato *Brussel Sprouts *Fruit Mix *Dinner roll 1 % milk	22 <u>Taco Tuesday</u> *Taco Meat *Taco Shell *Refried Beans Lettuce & Tomato Peaches/ 1% milk	23 Chicken, Rice, Broccoli Bake Tossed Salad *Corn *Apple Slices 1 % milk	24 *Jumbo Hotdog *Baked Beans *Coleslaw *Peaches *Bun 1% milk	25 *Stuffed Green Peppers *Carrots Pears 1% milk
28 Memorial Day Observed!!!! No meals Served	29 Breaded Chicken Patty *Potato Salad Green Beans Casserole Pears *Biscuit 1% milk	30 *Baked Crumb Pollock *Baked Potato *Peaches *Dinner roll 1% milk	31 *Leah’s Famous *Meatloaf *Mashed Potatoes/gravy *Peaches *Dinner roll 1% milk	

Tallman: 757-3306
 Scottville: 757-4705
 Ludington: 845-6841
 Kitchen: 757-4831

**Lunch for a Buck at
 Scottville and Tallman
 Centers
 May 24th!!!
 Lunch for a Buck
 Ludington Center
 May 18th !!!!
 Bring a Friend!**

The Mason County Central Schools, located at 300 W. Broadway, will receive and use Federal funds and United States Department of agriculture donated foods. No person because of race, color, national origin, sex, age or handicap shall be excluded from the participation in, be denied, the benefits of, or otherwise be subject to discrimination in our donated food and child nutrition programs. Any person who believes they have been discriminated against should write to the Secretary of Agriculture, Washington, D. C. 20250.