



# JUNE | 2017

## Mason County Congregate Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tallman – 757-3306</b> <b>Scottville – 757-4705</b> <b>Ludington- 845-6841</b> <b>Kitchen – 757-4831</b>			<b>1</b> *Ham & Cheese Deli Potato Salad *Peaches *Bun *1% milk	<b>2</b> *Pulled Pork *Baked Beans *Pears *Bun *1% milk
<b>5</b> *Salisbury steak *Au gratin Potatoes Brussel sprouts Oranges *Biscuit w/honey *1% milk	<b>6</b> *Sliced Roast Turkey *Mashed potato *Fresh Fruit *Dinner roll *1% milk	<b>7</b> *Goulash *Carrots *Apricots *1% milk	<b>8</b> <b>Thursday Pizza Day</b> *7-layer salad *Peaches * *1% milk	<b>9</b> * Breaded Chicken Patty * Baked Beans *Fruit mix *Hamburger Bun *1% milk
<b>12</b> Roast pork * Sweet potatoes Diced Pears *Dinner roll *1% milk	<b>13</b> <b>Taco Tuesday</b> Taco Meat Taco Shell Refried Beans Lettuce & Tomato Peaches/ 1% milk	<b>14</b> *Steak bites *Mashed potatoes/gravy * Chopped spinach * Fruit Mix * Dinner roll *1% milk	<b>15</b> *Chicken Alfredo/ Noodles Wax Beans *Oranges *1% milk	<b>16</b> *Connecticut Beef Bake * Potatoes in entree *Squash Mixed Fruit * Sliced Bread 1 % milk
<b>19</b> Breaded Chicken * Mashed potato *Beets * Pineapple tidbit *Rye bread *1% milk	<b>20</b> Tator Tot Casserole *Potatoes in entree * Green Beans * Sliced Apples * Dinner roll *1% milk	<b>21</b> *Liver & Onions *German Potato Salad Tropical fruit mix *Rye Bread *1% milk	<b>22</b> *Honey Roasted Turkey *Deli Sandwich *Potato Salad *Three Bean Salad *Pears *Bun – 1% milk	<b>23</b> Spaghetti w/meat sauce *Garden salad *Winter Blend * Warm Applesauce *Garlic toast*1% milk
<b>26</b> *Sloppy Joes *Hash brown casserole Tropical Fruit mix *Hamburger bun *1% milk	<b>27</b> Ground beef w/ Spanish rice Mixed vegetables Applesauce *1% milk	<b>28</b> *Chicken Noodle Casserole *Peas Oranges *1% milk	<b>29</b> *Sliced Roast Beef *Mashed potatoes Carrots * Fruited Jell-O *Wheat bread *1% milk	<b>30</b> Chicken Breast over Rice Green Beans Banana 1 % milk

### Senior News

**For all Senior Centers**  
**Lunch for a Buck at**  
**Scottville and Tallman**  
**Centers**  
**June 29th!!**  
**Lunch for a Buck**  
**Ludington Center**  
**June 16th!!!**  
**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.