



MAY | 2017

Mason County Home Delivered Meal Dinner Menu

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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *BBQ Ribette Spinach Mixed Vegetables Orange Wedges *Dinner roll 1 % milk	2 *Cheeseburger *Bun *Coleslaw *Hashbrown *Applesauce 1 % milk	3 Baked Ham *Scalloped Potato *Peas Pear *Dinner roll/ 1% milk	4 *Cheeseburger Macaroni Bake Tossed Salad Green Beans *Banana 1% milk	5 *Baked Crumb Pollock *Baked Potato *Carrots *Peaches *Dinner roll 1% milk
8 *Salisbury Steak *Red Skins Green Beans Pears *Dinner roll 1 % milk	9 *Roast Beef Mashed Potato/ Gravy *Corn *Apricots *Homemade dinner	10 Stuffed Cabbage Rolls Veg in entrée Tossed Salad Fresh Fruit *Dinner roll 1 % milk	11 *Country Fried Steak *Carrots *Beets *Red Grapes *Wheat Bread 1 % milk	12 *Lasagna *Cauliflower Au gratin Tossed Salad *Warm Spiced Peaches *Garlic Bread 1 % milk
15 *Crispy Baked Chicken *Potato Salad *Carrots *Cornbread Applesauce 1% milk	16 roll * Spaghetti w/Meat Sauce Garden Salad *Asparagus *Diced Peaches *Garlic Bread 1% milk	17 *Pork Cutlet *Red Skin Potatoes *Creamed Corn Oranges * Sliced Bread 1 % milk	18 *Thursday Pizza Day *Tossed Salad Green Beans Fruit Salad * 1 % milk	19 *Goulash Spinach Peas *Cantaloupe *Breadsticks 1% milk
22 *Swiss Steak *Augratin Potato *Brussel Sprouts *Fruit Mix *Dinner roll 1 % milk	23 % milk Taco Tuesday *Taco Meat *Taco Shell *Refried Beans Lettuce & Tomato Peaches/ 1% milk	24 Chicken, Rice, Broccoli Bake Tossed Salad *Corn *Apple Slices 1 % milk	25 *Jumbo Hotdog *Baked Beans *Coleslaw *Peaches *Bun 1% milk	26 Stuffed Green Peppers *Carrots Pears 1% milk
31 Memorial Day Observed!!!! No meals Served	30 Breaded Chicken Patty *Potato Salad Green Beans Casserole Pears *Biscuit 1% milk	31 Cabbage Rolls Wax Beans Apple Slices 1% milk		

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

**Lunch for a Buck at
 Scottville and Tallman
 Centers
 May 25th!!!
 Lunch for a Buck
 Ludington Center
 May 19th !!!!
 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.



MAY | 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

