



Dining Hall Menu

Dietician : **MAY**

	<p>1 Shrimp fried rice Veggie fried rice Egg rolls Stir fry veggies</p>	<p>2 Fried / baked chicken Turnip greens Macaroni/cheese Corn bread</p>	<p>3 Country fried steak Rice/ gravy English peas Dinner rolls Grilled cheese</p>	<p>4 fried fish au gratin potatoes English peas yeast roll hot wings</p>
<p>7 Chicken wraps Lettuce/ cheese Sliced peaches</p>	<p>8 Spaghetti/meat sauce Steamed broccoli Garlic breadsticks Cheese sticks/marinara milk or juice</p>	<p>9 Chili cheese dogs French fries Garden salad Grilled cheese</p>	<p>10 Red beans and rice sausage fried okra corn bread</p>	<p>11 Fried/ baked chicken Turnip greens Macaroni cheese cornbread</p>
<p>14 Chicken fettuccini Alf redo Veg blend Dinner roll</p>	<p>15 Sloppy Joes /bun Tater tots Garden salad</p>	<p>16 Fried chicken Macaroni/cheese Turnip greens Cornbread</p>	<p>17 Baked ziti Steamed veggies Cheese sticks/marinara breadsticks</p>	<p>18 Country fried steak Rice/gravy Fresh vegetable blend Dinner rolls</p>
<p>21 Chili/cheese hot dogs French fries Garden salad Milk or juice</p>	<p>22 Red beans sausage Steamed rice Fried okra Corn bread muffins</p>	<p>23 Hamburger steak Grilled onions Rice/ gravy Green beans Dinner rolls</p>	<p>24 Chicken wraps Lettuce/ cheese Sliced peaches</p>	<p>25 Chicken spaghetti Steamed veggies Cheese sticks/ marinara</p>
HAVE	A	SAFE	SUMMER	!!!!!!



What is a "Healthy Diet"? The Dietary Guidelines describe a **healthy diet** as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and

- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

For more information on the new food pyramid visit the USDA website :
<http://www.mypyramid.gov>