


Clinton

May 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>		<p>May 1 <u>Fried Fish</u> ♥<u>Sweet Potato Fries</u> ♥<u>Black Eyed Peas</u> Hushpuppies SF Jello with Pineapple <u>OR</u> Cook's Feature</p>
<p>May 4 <u>Pineapple Ham</u> ♥<u>Yams</u> ♥<u>Green Beans</u> Wheat Roll Mixed Fruit <u>OR</u> Lemon Cookie</p>	<p>May 5 <u>Turkey Melt</u> ♥<u>Broccoli and Cheese Soup</u> ♥<u>Roasted Red Potatoes</u> Wheat Bread Fresh Fruit <u>OR</u> Chocolate Chip Cookie</p>	<p>May 6 <u>Salisbury Steak</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Sliced Pears <u>OR</u> Poppseed Cake</p>	<p>May 7 <u>Chicken Lo Mein</u> ♥<u>Broccoli</u> ♥<u>Cauliflower</u> Wheat Roll Pineapple Tidbits <u>OR</u> Carrot Cake</p>	<p>May 8 <u>Meatloaf</u> ♥<u>Creamed Peas/New Potatoes</u> ♥<u>Carrots</u> Wheat Roll Applesauce <u>OR</u> Cook's Feature</p>
<p>May 11 <u>Chicken Salad Sandwich</u> ♥<u>Carrot Raisin Salad</u> ♥<u>Potato Salad</u> Wheat Bread Fresh Fruit <u>OR</u> Brownie</p>	<p>May 12 <u>Taco Salad</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips SF Jello with Pears <u>OR</u> Orange Cake</p>	<p>May 13 <u>Spaghetti/Meat Sauce</u> ♥<u>Carrots</u> ♥<u>Peas</u> Garlic Breadstick Applesauce <u>OR</u> Rocky Road Dessert</p>	<p>May 14 <u>BBQ Pork</u> ♥<u>Broccoli</u> ♥<u>Corn</u> Wheat Bun Blushed Pears <u>OR</u> Oatmeal/Raisin Cookie Culturally Appropriate Meal</p>	<p>May 15 <u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Beets</u> Cornbread Pineapple Tidbits <u>OR</u> Cook's Feature</p>
<p>May 18 <u>Chicken Parmesan and Pasta</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Garlic Breadstick Mixed Fruit <u>OR</u> Crispy Rice Treat</p>	<p>May 19 <u>Meatball Sub</u> ♥<u>Sweet Potato Fries</u> ♥<u>Green Beans</u> Hoagie Roll Sliced Pears <u>OR</u> Snickerdoodle</p>	<p>May 20 <u>Sweet and Sour Chicken with Rice</u> ♥<u>Carrots</u> ♥<u>Lima Beans</u> Wheat Roll Fresh Fruit <u>OR</u> Fortune Cookie</p>	<p>May 21 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Cinnamon Apples <u>OR</u> Chocolate Cake</p>	<p>May 22 <u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Peaches <u>OR</u> Strawberry Cake</p>
<p>May 25 Center Closed Memorial Day</p>	<p>May 26 <u>BBQ Chicken</u> ♥<u>Creamed Peas/New Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Blushed Pears <u>OR</u> Peanut Butter Cookie</p>	<p>May 27 <u>Manicotti with Meatsauce</u> ♥<u>Spinach</u> ♥<u>Carrots</u> Wheat Roll Sliced Peaches <u>OR</u> Cheesecake</p>	<p>May 28 <u>Turkey and Stuffing</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Pears <u>OR</u> Banana Cake</p>	<p>May 29 <u>Fried Fish</u> ♥<u>Sweet Potato Fries</u> ♥<u>Black Eyed Peas</u> Hushpuppies SF Jello with Pineapple <u>OR</u> Cook's Feature</p>

*Menu subject to change according to availability