



Lifestream Menu

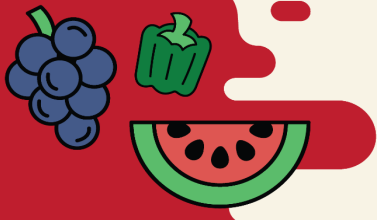
June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Meatloaf w/Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 556 Sodium: 898	Chicken Gumbo Cajun Rice Succotash Saltine Crackers Fresh Fruit Milk	BBQ Pork Riblet Macaroni & Cheese Coleslaw Whole Grain Hamburger Bun Peach Cobbler Milk Diet: Hot Peaches Cal: 867 Sodium: 1215	Egg Patty Florentine Parslied Potatoes Wheat English Muffin Fresh Fruit Milk Margarine Cal: 570 Sodium: 753	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Diet: Angel Food Cake Cal: 661 Sodium: 847
8	9	10	11	12
Honey Mustard Chicken Breas Potato Wedges Mixed Vegetable Blend Whole Grain Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup Cal: 861 Sodium: 1116	Teriyaki Meatballs Coconut Rice Japanese Vegetable Blend Seasoned Edamame Milk Fortune Cookie	Tarragon Pork Loin Sweet Potatoes Green Beans w/Tomatoes Wheat Dinner Roll Peanut Butter Fluff Milk Diet: Sugar-Free Vanilla Pudding Cal: 740 Sodium: 450	Sloppy Joe Baked Beans Parslied Carrots Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 797 Sodium: 955	Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Tossed Salad Rice Krispie Treat Milk Salad Dressing Cal: 637 Sodium: 937
15	16	17	18	19
Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Fruit Milk Cal: 701 Sodium: 832	Cheese Omelet Hashbrowns French Toast Sticks (2) Fresh Fruit Milk Pancake Syrup Cal: 753 Sodium: 888	Pizza Casserole California Vegetable Blend Tossed Salad Whole Wheat Bread Pineapple Cobbler Milk Salad Dressing Margarine Diet: Hot Pineapples Cal: 710 Sodium: 849	Creamy Chicken Marsala Whipped Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 577 Sodium: 817	Closed for Holiday
22	23	24	25	26
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 616 Sodium: 876	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Wheat Bread Oreo Cookies Milk Margarine Cal: 628 Sodium: 544	Fajita Chicken Salad Charro Beans Tossed Salad Tortilla Chips Hot Peaches Milk Taco Sauce Cal: 609 Sodium: 530	Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Fresh Fruit Milk Cal: 627 Sodium: 620	A-1 Chopped Steak Derby Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 613 Sodium: 672
29	30			
Honey Glazed Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 600 Sodium: 697	Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829			

Menus subject to change

Veronica Gober MS RDN LD

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Lifestream Picnic Menu

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Lemon Pepper Tuna Salad Lettuce and Tomato Marinated Zucchini Whole Wheat Bread (2) Applesauce Rice Krispie Treat Milk Cal: 537 Sodium: 656	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 701 Sodium: 937	Chef Chicken Salad Black Bean Salad Saltine Crackers Peach Cobbler Milk Assorted Salad Dressing Diet: Hot Peaches Cal: 712 Sodium: 863	Ham Salad Chickpea Pasta Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 607 Sodium: 1442	Honey Mustard Chicken Salad Marinated Carrots Coleslaw Saltine Crackers Chocolate Cake Milk Diet: Angel Food Cake Cal: 857 Sodium: 968
8	9	10	11	12
Pimento Cheese Lettuce & Tomato Marinated Tuscany Salad Whole Wheat Bread (2) Oatmeal Raisin Cookie Milk Cal: 699 Sodium: 949	Yogurt Dill Chicken Salad Cucumber & Tomato Salad Green Pea Salad Whole Grain Hamburger Bun Fortune Cookie Milk Cal: 628 Sodium: 665	French Bistro Turkey Salad Lettuce & Tomato California Vegetable Salad Whole Wheat Bread (2) Peanut Butter Fluff Milk Diet: Sugar-Free Vanilla Pudding Cal: 780 Sodium: 949	BBQ Chicken Salad Carrot Raisin Salad Saltine Crackers Fresh Fruit Milk Cal: 547 Sodium: 710	Krab Salad Pasta Salad Tossed Salad Saltine Crackers Rice Krispie Treat Milk Ranch Salad Dressing Cal: 609 Sodium: 1118
15	16	17	18	19
Sliced Ham Swiss Cheese Lettuce & Tomato Carrot Raisin Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 610 Sodium: 1122	Chef Chicken Salad Chickpea Pasta Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 565 Sodium: 634	Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Potato Salad Whole Grain Hamburger Bun Pineapple Cobbler Milk Diet: Hot Pineapple Tidbits Cal: 709 Sodium: 1359	Tuna Salad Tossed Salad Broccoli Raisin Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 589 Sodium: 698	Chicken Salad Pasta Salad Marinated Tuscany Salad Saltine Crackers Fresh Fruit Milk Cal: 657 Sodium: 653
22	23	24	25	26
Grilled Chicken Strips Lettuce & Tomato Marinated Zucchini Black Bean Salad Butter Sugar Cookie Whole Wheat Tortilla Milk Ranch Salad Dressing Cal: 642 Sodium: 1048	Chef Chicken Salad Beet Salad Saltine Crackers Oreo Cookies Milk Assorted Salad Dressing Cal: 593 Sodium: 767	Deviled Egg Salad Macaroni Salad California Vegetable Salad Saltine Crackers Hot Peaches Milk Cal: 672 Sodium: 1236	Sliced Turkey Breast Mozzarella Cheese Lettuce & Tomato Green Pea Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 549 Sodium: 888	Tuna Salad Lettuce & Tomato Vegetable Pasta Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 650 Sodium: 691
29	30			
Tzatziki Turkey Salad Marinated Zucchini Saltine Crackers Fresh Fruit Milk Cal: 592 Sodium: 587	Sliced Ham Swiss Cheese Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread (2) Fresh Fruit Milk Cal: 626 Sodium: 1121			

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