CHEROKEE NATION
ELDER NUTRITION PROGRAM

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Visit one another with love

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled chicken salad Whole wheat roll Fresh melon	2 BBQ pull pork sandwich Coleslaw Baked beans Peaches	3 Lemon bake fish Brown rice Steamed zucchini Applesauce	4 Turkey & cheese wrap Pasta salad Grapes	5 Scrambled eggs Sausage patty Biscuit Fresh fruit
8 Chicken Caesar salad Bread stick Pears	9 Sloppy Joe sandwich Corn on the cob Watermelon	10 Baked ham Sweet potatoes Green beans Pineapple	11 Tuna salad sandwich Cucumber salad Oranges slices	12 Grilled hamburgers Potato salad Lettuce & tomato Fruit cup
15 Roast beef sandwich Potato wedges Mixed fruit	16 Chicken stir-fry Rice Steamed broccoli Mandarin oranges	17 Meatloaf Mashed potatoes Carrots Peaches	18 Cold pasta salad w/chicken Green salad Grapes	19 Fish sandwich Coleslaw Baked chips Applesauce
22 Turkey burger Pasta salad Watermelon	23 Chicken salad croissant Fruit salad Yogurt	24 Beef tips & gravy Rice Green beans Pears	25 Ham & cheese sandwich Veggie cup Fresh fruit	26 BBQ chicken Corn Coleslaw Pineapple
29 Lemon garlic chicken Roasted sweet potatoes Cauliflower rice Applesauce	30 Stuffed bell pepper Cornbread Garden salad Oranges slices			