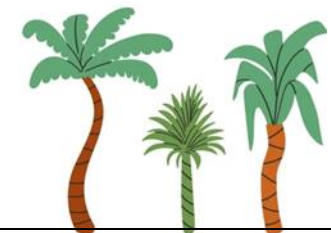
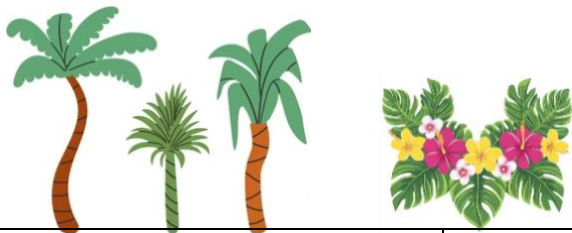




Hispanic Home Delivered Meals June Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches <hr/> Hard Boiled Eggs (2) Apple Chicken Sausage (1) & Hash Brown Capri Vegetable Blend & Carrots WW Bread Fresh Apple 1% Milk (1)	WG Cheerios Orange-Pineapple Juice & 1% Milk (1) <hr/> Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, Feta Cheese) Brown Rice & Spring Mix WG White Corn Mini Tortillas (2) Cilantro Lime Dressing & Sour Cream Fresh Orange <hr/> Green Chicken Casserole Oriental Vegetable Blend Dinner Roll (2) w/ Smart Balance IW Pears 1% Milk (1)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix <hr/> Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican Rice IW Apricot 1% Milk (1)	WG Pancakes (2) w/ SF Syrup & Smart Balance Omelet Orange-Pineapple Juice & 1% Milk (1) <hr/> Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese, Spring Mix) WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple <hr/> Breaded Fish Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Pico de Gallo IW Mandarin Orange 1% Milk (1)	WG Waffle Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches <hr/> Beef Enchilada Scandinavian Veg Blend & Brown Rice WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)
8	9	10	11	12
WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange <hr/> Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1) <hr/> Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice Pico de Gallo Fresh Orange <hr/> Fajita Plate Chicken Strips w/ Fajita Veg Blend Mexican Rice WG White Corn Tortilla (1) Salsa Verde IW Pineapple Chunks 1% Milk (1)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears <hr/> Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange 1% Milk (1)	WG Cheerios Hardboiled Egg (1) FF Yogurt (2) WG Chocolate Granola Orange Juice & 1% Milk (1) <hr/> Tuna Salad Tomato Cucumber Salad Spring Mix & Edamame WW Bread (2) Italian Dressing Fresh Apple <hr/> Cheese Enchiladas w/ Red Enchilada Sauce Pinto Beans Spanish Rice IW Pineapple Chunks 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) <hr/> Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Crackers (4pk) IW Peaches <hr/> Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Orange 1% Milk (1)
15	16	17	18	**19**
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears <hr/> Pulled Pork w/ Salsa Verde Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1) <hr/> Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll IW Mandarin Orange <hr/> Carne con Chile (Cubed Beef w/ Chili Sauce) Fajitas Veg. Blend WG White Corn Mini Tortillas (2) Spanish Rice IW Peaches 1% Milk (1)	WG Cheerios LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks <hr/> Breaded Fish Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) <hr/> Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches <hr/> Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	WG Cheerios WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot <hr/> **Father's Day Celebration** Roast Beef w/ Brown Gravy Broccoli Baby Baked Potatoes WW Dinner Roll (1) IW Pears Raspberry Double Chocolate Cake Cup 1% Milk (1)





Hispanic Home Delivered Meals June Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	**23**	24	25	26
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) <hr/> Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches <hr/> Breaded Fish Pico de Gallo Broccoli WG White Corn Tortilla (2) Spanish Rice Fresh Apple 1% Milk (1)	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (1) <hr/> Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange <hr/> **Summer Celebration** Turkey Roast Corn & Carrots Black Beans Hawaiian Roll Ketchup & Mayo IW Pineapple Chunks Lemon Cream Cup 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot <hr/> Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears <hr/> Tilapia Fillet w/ Salsa Ranchera Peas & Carrots Rice Pilaf Fresh Orange 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima Bean & Tomato Salad Ketchup IW Tropical Fruit Mix <hr/> Ground Turkey Picadillo Sauce Mixed Vegetables Red Skin Potatoes WG White Corn Tortillas (2) IW Mandarin Orange 1% Milk (1)
29	30	31		
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad WW Dinner Roll (2) w/ Smart Balance IW Peaches <hr/> Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo Fresh Orange 1% Milk (1)	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) <hr/> Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia <hr/> Pork Tenderloin w/ Salsa Verde Broccoli & Carrots WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple 1% Milk (1)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix <hr/> Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears 1% Milk (1)		

The project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. All Meals comply with the Dietary Guidelines for Americans (DGA) 2020 - 2025 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. The voluntary contribution is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed daily to not exceed 2300mg. Any meals that exceed 2300mg of sodium are indicated with a saltshaker icon. Please note condiments are not analyzed and may increase sodium. Special meals are indicated with **, sodium may exceed 2300 mg on these days.

Voluntary Contribution \$5.25 per day