

**KCAASD Senior Nutrition Program**  
**Reservations/Cancellations: 661-342-8225**

**Lamont SC Menu - June 2026**  
**10300 San Diego St, Lamont**

Print 15				
Menus are subject to change without prior notice				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken Pasta Pomodoro</b> Spinach** Pears Garlic Bread Juice/Milk	2 <b>Frito Pie Casserole</b> Chuckwagon Corn <u>Tropical Fruit</u> Milk	3 <b>BBQ Pulled Chicken</b> Pasta Salad** <u>Mandarins</u> Breadstick Milk	4 <b>Egg Salad Sandwich</b> Celery Sticks <u>Diced Mango**</u> Milk	5 <b>Chef Salad</b> Carrot Sticks** <u>Berry Mix</u> Wheat Crackers Milk
8 <b>Crab Cakes</b> <u>Zucchini &amp; Tomatoes**</u> Carrot Coins** Apricots Brown Rice <u>Juice/Milk</u>	9 <b>John Wayne Casserole</b> Brussel Sprouts** <u>Tropical Fruit</u> Milk	10 <b>Aloha Chicken</b> Capri Veggies** Rice Pilaf <u>Fruit Salad</u> Hawaiian Roll <u>Juice</u> Milk	11 <b>Bacon-Wrapped Chicken Breast</b> Ratatouille** <u>Mandarins</u> Garlic Bread Milk	12 <b>Pork Adobo</b> Green Beans** <u>Pineapple</u> Brown Rice Hawaiian Roll Milk
15 <b>Kale Pesto Pasta w/ Chicken</b> Yellow Squash** <u>Fruit Yogurt</u> Pound Cake Roll Milk	16 <b>Beef Quesadilla</b> Broccoli** <u>Pineapple</u> <u>Coleslaw**</u> Mexican Rice Milk	17 <b>Chicken Marsala</b> Normandy Veggies** Couscous <u>Fresh Plum</u> Wheat Roll Milk	18 <b>Pork Pasta Skillet</b> Carrots** Confetti Coleslaw <u>Pineapple</u> Garlic Bread Milk	19 <b>Baked Chicken</b> Collard Greens** Brussel Sprouts** <u>Watermelon &amp; Cucumber Salad</u> Wheat Roll Milk
22 <b>Beef Tamale</b> Chuckwagon Corn** Mexican Rice <u>Orange</u> Milk	23 <b>Strawberry Tarragon Chicken Salad**</b> Pears Breadstick <u>Juice/Milk</u>	24 <b>Taco Salad w/ Beef &amp; Bean Mix**</b> <u>Fresh Strawberries</u> Tortilla Strips Milk	25 <b>Orange Chicken</b> Capri Veggies** <u>Fresh Kiwi</u> Hawaiian Roll Milk	26 <b>Unstuffed Pepper</b> Zucchini** <u>Cantaloupe</u> <u>V-8 Juice</u> Wheat Roll Milk
29 <b>Pepper Steak**</b> Sweet Potatoes <u>Nectarine</u> Breadstick Milk	30 <b>Lemon Pepper Tilapia on Rice</b> Spinach** <u>Mandarins</u> Milk	July 1 <b>Waldorf Chicken Salad</b> Peaches Wheat Crackers <u>Juice</u> Milk	July 2 <b>Chili Dog</b> Sweet Potato Nuggets** <u>Red, White, &amp; Blueberry Salad</u> Milk	July 3 <b>No Meal Today</b> 

Note: \*\* items are a rich source of Vitamin A  
 Underlined items meet 1/3 of the DRI's for Vitamin C  
 Suggested Contribution Age 60+ - \$3.00; Non-seniors meal cost - \$6.00  
**Seniors will not be denied service due to inability to contribute**  
 = More than 1000 mg Sodium

