



June 2020 Breakfast & Snacks



Monday		Tuesday		Wednesday		Thursday		Friday	
1 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	2 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	3 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	4 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	5 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes	8 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	10 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	11 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
15 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	16 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	17 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	18 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	19 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes	22 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	23 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	24 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	26 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
29 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	30 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola								

+Whole grain



June 2020 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	2 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	3 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	4 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	5 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
8 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	9 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	10 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	11 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	12 (V) Lasagna Tossed salad Fresh fruit
15 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	16 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	17 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	18 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	19 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
22 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	23 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	24 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	25 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	26 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
29 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	30 (V) Whole grain pizza* Garden salad Fresh fruit		<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i> <i>This institution is an equal opportunity provider</i>	<i>~This menu is designed for children age 12+ months</i> <i>Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal +Whole wheat
 #Gluten free ^Vegan