



June 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	1 Chex Cereal Fresh Fruit Milk	2 Yogurt Granola Milk	3 Cinnamon Oatmeal Raisins Milk	4 Whole Wheat Pancakes Fresh Fruit Milk	5 Cinnamon Raisin Toast Cream Cheese Milk
Lunch	Spaghetti Marinara & Meatballs Chopped Salad Garlic Bread Seasonal Fruit Milk	Oven Roast Turkey Mashed Potatoes Carrots & Peas Seasonal Fruit <u>Cheese Quesadilla</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	BBQ Chicken Mac & Cheese, Green Beans Seasonal Fruit <u>Tomato Basil Soup & Garlic Bread</u> Milk	Baked Tilapia Brown Rice Veggies Seasonal Fruit <u>Vegetable Soup & Grilled Cheese</u> Milk
Afternoon Snack	Applesauce Pretzel	Turkey and Cheese in Whole Wheat Tortilla	English Muffin Pizza	Grilled Cheese Sandwich Avocado	Fruit Smoothies Wheat crackers
Morning Snack	8 Special K Cereal Fresh Fruit Milk	9 Whole Wheat English Muffins Fresh Fruit Milk	10 Cinnamon Oatmeal Raisins Milk	11 Whole Wheat Toasts Avocado Milk	12 Wheat French Toast Fresh Fruit Milk
Lunch	Fettuccini Alfredo Chicken Green Beans Garlic Bread Seasonal Fruit Milk	Chicken, Rice & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Rice & Cheese Burrito</u> Milk	Teriyaki Beef Broccoli Brown Rice Seasonal Fruit <u>Lentil Soup & Grilled Cheese</u> Milk	Chicken Tenders Couscous Green Beans <u>Morning Star Veggie Patty</u> Milk	Ravioli In Creamy Tomato Sauce Steamed Veggies Seasonal Fruit Milk
Afternoon Snack	Cottage Cheese Fresh Fruit	Whole Wheat Pita Hummus	Rice Cake Sun butter	String Cheese Whole Wheat Crackers	Fruit Popsicles Graham Crackers
Morning Snack	15 Rice Krispies Cereal Fresh Fruit Milk	16 Wheat Bagels Cream Cheese Fresh Fruit Milk	17 Cinnamon Oatmeal Raisins Milk	18 Whole Wheat Pancakes Fresh Fruit Milk	19 Whole Wheat Bagels Cream Cheese Fresh Fruit Milk
Lunch	Chicken Burger Baked Tater Tots Tomato & Pickles Bananas <u>Lentil Soup & Garlic Bread</u> Milk	Lasagna Salad Garlic Bread Seasonal Fruit <u>Broccoli Soup & Bread</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	Chicken Noodle Soup Grilled Cheese Sandwich Vegetable Soup <u>Grilled Cheese Sandwich</u> Milk	Pepperoni Pizza Chopped Salad Yogurt Parfait <u>Cheese Pizza</u> Milk
Afternoon Snack	Cucumber Sandwich	Avocado Toast	Banana Sushi (Banana sun butter on wheat tortilla)	Quesadilla	Apples Sun Butter
Morning Snack	22 Chex Cereal Fresh Fruit Milk	23 Whole Wheat French Toast Fresh Fruit Milk	24 Vanilla Yogurt Honey & Oats Granola Fresh Fruit Milk	25 Whole Wheat Waffles Fresh Fruit Milk	26 Cinnamon Cream of Wheat Dried Fruit Milk
Lunch	Spaghetti Marinara & Meatballs Chopped Salad Garlic Bread Seasonal Fruit Milk	Oven Roast Turkey Mashed Potatoes Carrots & Peas Fresh Fruit <u>Cheese Quesadilla</u>	Teriyaki Chicken Chow Mein Seasonal Fruit <u>Lentil Soup & Grilled Cheese</u> Milk	BBQ Beef Rice Carrots Seasonal Fruit <u>Grilled Cheese Sandwich</u> Milk	Baked Chicken Couscous Broccoli
Afternoon Snack	Naan Bread Provolone Cheese	Rice Cake Fresh Fruit	Sun Butter and Apple	Whole Wheat Pita Hummus	Turkey and Cheese Tortilla Wrap
Morning Snack	29 Special K Cereal Fresh Fruit Milk	30 Whole Wheat French Toast Fresh Fruit			
Lunch	Chicken Burger Baked Tater Tots Tomato & Pickles Bananas <u>Lentil Soup & Garlic Bread</u> Milk	Chicken, Rice & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Rice & Cheese Burrito</u> Milk			
Afternoon Snack	Fresh Fruit Wheat Crackers	Banana Sushi (Banana sun butter on wheat tortilla)			