




Lunch



June, 2019



6/3 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	6/4 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	6/5 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	6/6 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	6/7 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
6/10 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	6/11 +*Whole grain pizza Garden salad Fresh fruit	6/12 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	6/13 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	6/14 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
6/17 Chicken Alfredo with tri-color pasta Salad Fresh fruit	6/18 *Quiche Peas +Whole wheat bread/butter Fresh fruit	6/19 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	6/20 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	6/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
6/24 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	6/25 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	6/26 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	6/27 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	6/28 *Lasagna Tossed salad Fresh fruit
		~This menu is designed for children age 12+ months	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. This institution is an equal opportunity provider	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

*Vegetarian meal
+Whole grain