## $\Longrightarrow$ Lunch - June, 2018

| 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 | Visit us at www.goodfoodco.com <br> Age appropriate milk must be served with lunch | $\sim$ This menu is designed for children age 12+ months |  | 6/1 <br> Turkey taco w/whole wheat tortilla <br> Corn <br> Grated cheese <br> Fresh fruit |
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| 6/4 <br> Chicken \& tarragon w/whole wheat rotini Southwest salad Fresh fruit | 6/5 <br> Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit | 6/6 <br> Dirty rice with beef, vegetables,quinoa and farrow Apple cole slaw Fresh fruit | 6/7 <br> Black bean, corn, \& chicken quesadilla <br> With whole wheat tortilla Green Beans Fresh fruit | 6/8 <br> *Lasagna <br> Tossed salad Fresh fruit |
| 6/11 <br> Whole wheat ziti with chicken sausage \& tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit | 6/12 <br> Chicken chili <br> Broccoli \& cheese salad Whole wheat bread/butter Fresh fruit | 6/13 <br> *Ravioli w/olive oil, tomato sauce \& fresh basil <br> Peas <br> Fresh fruit | 6/14 <br> Hamburger slider Bean medley Roll Fresh fruit | 6/15 <br> BBQ chicken leg <br> California blend vegetables Whole wheat bread/butter Fresh fruit |
| 6/18 <br> Turkey sloppy joe Corn \& edamame Roll Fresh fruit | 6/19 <br> *Cheese melt <br> Tomato alphabet soup Fresh fruit | 6/20 <br> Shepherd's Pie <br> Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit | 6/21 <br> Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit | 6/22 <br> *Whole wheat macaroni \& cheese Mixed vegetables Fresh fruit |
| 6/25 <br> Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 6/26 <br> *Pizza <br> Garden salad Fresh fruit | 6/27 <br> Chicken nuggets <br> Potato soup <br> Wheat bread/butter <br> Fresh fruit | 6/28 <br> *Spinach manicotti <br> Carrots <br> Whole wheat bread/butter Fresh fruit | 6/29 <br> *Beans \& Rice <br> Tossed salad <br> Tortilla <br> Fresh fruit |

*Vegetarian meal

