



June 2022



Breakfast & snack

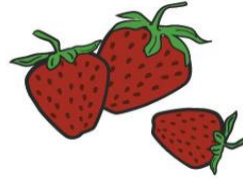


Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>		<p><b>1</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>2</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>3</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p><b>6</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>7</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt</p>	<p><b>8</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>10</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>13</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>14</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>15</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>16</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>17</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>20</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>21</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p>	<p><b>22</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>23</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>24</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>27</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>28</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>29</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>30</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	

+Whole grain



June 2022



Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	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	<b>1</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>2</b> Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	<b>3</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>6</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>7</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>8</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>9</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>10</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>13</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>14</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>15</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>16</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>17</b> (V) Lasagna Tossed salad Fresh fruit
<b>20</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>21</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>22</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>23</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>24</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>27</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>28</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>29</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>30</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan