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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **3****Breakfast:****Cheerios****w/ Bananas****Lunch:****Cheese Quesadillas****Red beans and Rice****Corn****w/ Diced Peaches****PM Snack:****Granola** **w/ Vanilla Yogurt** | **4****Breakfast:****Cheese Toast****Turkey Sausage****w/ Mandarin Oranges****Lunch:****Cheese Tortellini****w/Alfredo sauce** **Dinner Rolls****Sweet Peas****w/ Tropical Fruit****PM Snack:****Trail Mix****w/ Fresh Fruit** | **5****Breakfast:****Oatmeal****w/ Blueberries****Lunch:****Spaghetti w/****Meat Sauce****Green Beans****Bread Sticks****w/ Fresh Pears****PM Snack:****Sunflower butter**  **w/ Vanilla Wafers** | **6****Breakfast:****Waffles** **Veggie Sausage** **w/ Strawberries****Lunch:****Oven Roasted Chicken****Squash Medley****Mashed Sweet Potatoes** **w/ Fresh Apples****PM Snack:** **Guacamole****w/ Whole Grain Crackers** | **7****Breakfast:****Canadian Bacon & Cheese Bagels****w/ Mixed Berries****Lunch:****Baked Fish****Macaroni and Cheese****Seasonal Vegetable** **Dinner Rolls****w/ Fresh Oranges****PM Snack:****Fruit Bars** **w/ Vanilla Yogurt** |
| **10****Breakfast:****Corn Flakes****w/ Blueberries****Lunch:****Turkey Cheese Burgers** **Potato Wedges**  **Steamed Corn****w/Peaches** **PM Snack:****Graham Crackers****w/ Fresh Pears** | **11****Breakfast:****Blueberry Muffins****w/ Applesauce****Lunch:****Meatballs** **Mashed Potatoes** **Baby Lima Beans****w/ Diced Pineapples****PM Snack:****Wheat Crackers****w/ String Cheese** | **12****Breakfast****English Muffin** **Veggie Sausage****w/ Pears Slices****Lunch:****Sweet & Sour Chicken****w/ Vegetable Rice****w/ Pear Halves****PM Snack:****Spinach Artichoke Dip****w/ Pita Chips** | **13****Breakfast:****Oatmeal****w/ Strawberries****Lunch:****Meat Loaf & Gravy****Whole Grain Rice** **Seasoned Broccoli** **w/ Fresh Apples****PM Snack:****Bread Sticks** **w/ Marinara Sauce** | **14****Breakfast:****Pancake & Sausage****w/ Bananas****Lunch:****Cheese Ravioli****w/ Meat Sauce****Green Beans****w/ Fruit Medley****PM Snack:****Sunflower Butter** **w/ Carrot Sticks** |
| **17****Breakfast:****Rice Crispies****w/ Strawberries****Lunch:****Grilled Cheese****Tomato Basil Soup****w/ Tropical Fruit****PM Snack:****Hummus** **W/ Pita Bread** | **18****Breakfast:****Cream of Wheat****w/ Blueberries****Lunch:****Baked Fish****Seasoned Rice****Roasted Squash****w/ Fresh Oranges****PM Snack:****Graham Crackers****w/ Apple Sauce** | **19****Breakfast:** **Canadian Bacon w/Cheese Biscuit****Lunch:****Spaghetti** **w/ Meat Sauce****Roasted Corn****w/ Mangos****PM Snack:****Fruit Bars** **w/Vanilla Yogurt** | **20****Breakfast:** **Pancakes w/ peach yogurt****Lunch:****Turkey and Cheese Sandwiches Mixed Vegetables****w/ Pineapples****PM Snack:****Tomato and Cucumber salad** | **21****Breakfast:****French Toast****w/ Bananas****Lunch:****Shepherd’s Pie****Baked Cinnamon Apples****PM Snack:****Bread Sticks****w/ Marinara** |
| **24****Breakfast:****Cheerios****w/ Bananas****Lunch:****Teriyaki Chicken** **w/ Vegetables****Whole Grain Rice****w/Pineapple Tidbits****PM Snack:****Graham Crackers****w/ Strawberry Cream Cheese** | **25****Breakfast:****Cheese Toast****Turkey Sausage****w/ Baked Apples****Lunch:****Red Beans & Rice****w/ Ground Turkey****Green Beans****w/ Tropical Fruit****PM Snack:****Vanilla Wafers****Sliced Oranges** | **26****Breakfast:****Oatmeal** **w/ Peaches****Lunch:****Baked Fish****Mashed Sweet Potatoes****w/ Roasted Brussel Sprouts** **w/ Mixed Fruit****PM Snack:****Pita Wedges****w/ Salsa** | **27****Breakfast:****French Toast****Diced Pears****Lunch:****Chicken Sandwiches****w/Potato Wedges****w/Carrots**  **w/ Fresh Oranges****PM Snack:****String Cheese****w/ Wheat Crackers** | **28****Breakfast:****English Muffins****Turkey Sausage****w/ Mixed Berries****Lunch:****Chili Con Carne****Corn Muffins****w/ Fresh Pears****PM Snack:****Guacamole****w/ Whole Wheat Crackers**  |
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**LAA serves whole milk to children less than two years of age and 1% milk to children over two years of age.**

**Milk is served at AM snack and lunch. Water is served at PM snack**

Little Apron Academy ~ June 2019 Menu