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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