

June Breakfast/Snack Menu

6/3 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	6/4 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	6/5 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	6/6 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	6/7 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
6/10 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	6/11 Cinnamon bagel Fresh fruit ~~~~~ Saltines Peach yogurt	6/12 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6/13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6/14 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
6/17 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	6/18 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	6/19 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	6/20 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	6/21 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
6/24 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	6/25 Cinnamon bagel Fresh fruit ~~~~~ Saltines Raspberry yogurt	6/26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6/27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6/28 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices

+Whole grain

June Lunch Menu

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 Fresh fruit	6/6 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread 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 Fresh fruit	6/13 *Spinach manicotti Winter blend vegetables +Whole wheat bread 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 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 Fresh fruit	6/25 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread 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

*Vegetarian meal

+Whole grain

June Vegetarian Menu

6/3 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	6/4 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	6/5 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread Fresh fruit	6/6 +^Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread Fresh fruit	6/7 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
6/10 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	6/11 +Whole wheat pizza Garden salad Fresh fruit	6/12 Veggie nuggets Potato soup +Whole wheat bread Fresh fruit	6/13 Spinach manicotti Carrots +Whole wheat bread Fresh fruit	6/14 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
6/17 Tri-color pasta alfredo Salad Fresh fruit	6/18 Quiche – plain or broccoli Peas +Whole wheat bread Fresh fruit	6/19 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	6/20 Chix patty Zucchini & yellow squash +Whole wheat bread Fresh fruit	6/21 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
6/24 #Cheese omelette Spinach salad +Whole wheat bread Fresh fruit	6/25 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread Fresh fruit	6/26 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	6/27 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	6/28 Lasagna Tossed salad Fresh fruit

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan