

Breakfast and Afternoon Snacks will include 2 of the 4 following components, ( Lunch will contain 4/4).

1. milk
2. vegetable or fruit /100% fruit juice
3. grain or bread
4. meat or meat alternative

**FRUITS:**

Chopped /Sliced Apples  
 Applesauce  
 Bananas  
 Cantalope  
 Fruit Cocktail  
 Grapes/sliced  
 Mandarin Oranges  
 Sliced Oranges  
 Peaches  
 Pears  
 Pineapple  
 Watermelon

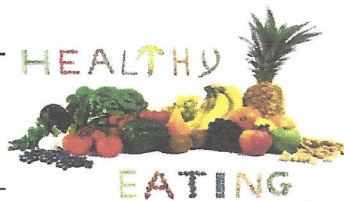
**VEGETABLES:**

Broccoli / Cauliflower  
 Carrots- cooked and/or Stix  
 3 Bean Salad  
 Celery stix (age Approp. only)  
 Corn  
 Cucumbers w/ ranch  
 Mixed Vegetables  
 Peas  
 Tomatoes/Chopped  
 Lettuce

**GRAIN/BREAD**





**PROTEINS:**

Beef/100% Hot Dogs  
 Cheese  
 Chick Peas/Hummus  
 Refried Beans/baked beans  
 Turkey Breast  
 Chicken  
 W. Wheat Crackers  
 Pretzels/ Rice Cakes  
 W.Wheat Tortillas  
 W.Wheat Muffins  
 Sweet Potato Fries/Baked  
 W. Grain Cereals/Pastas  
 Scrambled Eggs



\*Menus are subject to change.  
 Fresh Fruit and Veggies -seasonal

# JUNE - Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #3	29 Pizza Monday	30 Meatballs and Pasta	31 Toasted Pita and Hummus	1 Chicken Nuggets with mashed potatoes	2 Turkey Sandwich on Whole Wheat Bread	
Week #1	5 Pizza Monday	6 Grilled cheese on Whole Wheat Bread	7 Italian Dunkers with Meat Sauce	8 Fish Stix And rice pilaf	9 French Toast Sticks with Scrambled Eggs	
Week #2	12 Pizza Monday	13 Bean and cheese Burrito	14 Home Made Macaroni and Cheese	15 100% Beef Hot Dogs on Whole Wheat Rolls	16 Turkey Sandwich on Whole Wheat Bread	
Week #3	19 Pizza Monday	20 Meatballs and Pasta	21 Toasted Pita and Hummus	22 Chicken Nuggets with mashed potatoes	23 Turkey Sandwich on Whole Wheat Bread	
Week #1	26 Pizza Monday	27 Grilled cheese on Whole Wheat Bread	28 Italian Dunkers with Meat Sauce	29 Fish Stix And rice pilaf	30 French Toast Sticks with Scrambled Eggs	