



June 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		<i>Food Substitutes for Milk Allergies</i>	1	2	3
Lunch	<i>Food Substitutes for Infants and Toddlers:</i>	<i>Replace with milk preference from home</i>	Cinnamon Toast, Strawberries , Milk	Cheesy Grits, Apple Slices,Milk	Tater Tots w/ Ketchup, Peaches, ,Milk
PM Snack	<i>1. Apple slices sub bananas/applesauce</i> <i>2. Salad sub Steamed Vegetables</i> <i>3. Carrot sticks sub steamed carrots</i> <i>4. Hard snacks/crackers sub yogurt</i>	<i>Food Substitutes for Vegetarians: Grilled cheese, veggie burgers, Veggie</i>	Baked Fish Sticks, Mangoes, Fresh Steamed Corn, Milk	Chicken Quesadilla w/ Cilantro Lime Rice, Mangoes, Green Beans, Milk	Grilled Cheese Sandwich, Cinnamon Spiced Carrots, Fresh Peaches, Milk
		<i>Food Substitutes for Dairy Allergies: Sub dairy-free food choices, as vegetarian</i>	Chex Mix, Tropical Fruit, Chilled Water	Yogurt, Graham Crackers, Chilled Water	Soft-Baked Pretzel Sticks w/ Ranch Dipping Sauce, Chilled Water
AM Snack	6	7	8	9	10
Lunch	Whole Grain Cereal, Dried Cranberries, Milk	Warmed Blueberry Muffins, Diced Peaches, Milk	Lean Turkey Sausage,Buttered Toast,Milk	Whole Grain Pancakes w/Maple Syrup, Fresh Mangoes, Milk	Blueberry Bagels w/ Cream Cheese, Diced Pears, Milk
PM Snack	Turkey Meatballs w/ Rice & Gravy, Vegetable Medley, Pineapple, Milk	Veggie Burgers on Whole Wheat Bun,Diced Peaches, Steamed Green Beans, Milk	Pita Pizzas w/ Meatless Veggie Crumbles, Tomato Sauce,Shredded Mozz, Broccoli, Cranberries, Milk	Whole Grain Pasta w/ Tomato Sauce and Meatless Veggie Crumbles,Fruit, Milk	Baked Chicken Nuggets, Steamed Broccoli, Pineapple, Milk
	Baked Cheese Crackers,Peaches, Chilled Water	Yogurt & fruit parfait, Granola crumble, Chilled Water	Whole Wheat Chex, Cheese Slices, Chilled Water	Twisty Pretzels, Blueberries, Chilled Water	Baked Goldfish Crackers, Apple Slices, Chilled Water
AM Snack	13	14	15	16	17
Lunch	Whole Grain Cereal, Dried Cranberries, Milk	French Toast Sticks w/ Syrup, Fresh Berry Medley, Milk	Cinnamon Toast, Strawberries , Milk	Cheesy Grits, Apple Slices,Milk	Whole Grain Nutrigrain Bars, Diced Pears, Milk
PM Snack	Chicken Alfredo, Broccoli, Mangoes, Milk	Cheesy Baked Rotini w/ Tomato Sauce, Broccoli, Apple slices, Fresh Salad, Milk	Fish Sticks, Mangoes, Fresh Steamed Corn, Milk	Cheese Pizza, Fresh Salad, Peaches, Milk	Grilled Cheese Sandwich, Cinnamon Spiced Carrots, Fresh Peaches, Milk
	Whole Wheat Goldfish Crackers, Blueberries, Chilled Water	Mozzarella Cheese Sticks, Twisty Pretzels, Chilled Water	Sunbutter and jelly pinwheels, Chilled Water	Whole Wheat Crackers,Hummus, Chilled Water	Soft-Baked Pretzel Sticks w/Marinara Dipping Sauce, Chilled Water
AM Snack	20	21	22	23	24
Lunch	Whole Grain Cereal, Fresh Blueberries, Milk	Cinnamon Toast, Fresh Strawberries, Milk	Blueberry Muffins, Fresh Apple Slices, Milk	Baked Cornbread w/ Strawberries, Milk	Whole Grain Bagels w/ Cream Cheese, Fresh Berry Medley, Milk
PM Snack	Toasted Turkey and Cheese Sandwich on Whole Wheat, Steamed Broccoli, Apple Slices, Milk	Baked Fish Sticks, Fresh Apple Slices, Fresh Green Salad, Milk	Grilled Cheese Sandwich, Fresh Strawberries, Fresh Steamed Corn, Milk	Cheesy Lasagna, Fresh Green Salad, Tropical Fruit, Milk	Meatballs w/ Brown Rice & Gravy, Vegetable Medley, Pineapple, Milk
	Soft Pretzel Sticks w/Salsa, Diced Pears, Chilled Water	Whole Wheat Chex, Diced Pears, Chilled Water	Baked Cinnamon Pita Chip w/ Fruit Salsa, Chilled Water	Whole Wheat Crackers,Hummus, Chilled Water	Sunbutter and jelly pinwheels, Chilled Water
AM Snack	27	28	29	30	
Lunch	Whole Grain Cereal, Dried Cranberries, Milk	Fruit Yogurt w/ Nut-Free granola, Milk	Warmed Blueberry Muffins, Diced Peaches, Milk	Tater Tots w/ Ketchup, Peaches, ,Milk	
PM Snack	Chicken Alfredo, Broccoli, Mangoes, Milk	Baked Chicken Nuggets, Pineapple, Peas, Milk	Pita Pizzas w/ Meatless Veggie Crumbles, Tomato Sauce,Shredded Mozz, Broccoli, Cranberries. Milk	Grilled Cheese Sandwich, Cinnamon Spiced Carrots, Fresh Peaches, Milk	
	Whole Wheat Goldfish Crackers, Fresh Bananas, Chilled Water	Whole Wheat Chex Crackers,Chilled Water	Sunbutter and jelly pinwheels, Chilled Water	Yogurt & fruit parfait, Granola crumble, Chilled Water	

