



June 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
AM Snack	Whole Grain Cereal, Blueberries, and Milk	English Muffin with Jelly, Mangos, and Milk	Cheese Omelet, Apple Slices, and Milk	Cheese Grits, Mixed Fruit, and Milk	Cinnamon Raisin Bagels with Cream Cheese, Peaches, and Milk
Lunch	Chicken Nuggets, Broccoli w Cheese, Pineapple, and Milk	Cheese Pizza, Caesar Salad, Mandarin Oranges, and Milk	Sun Butter and Jelly on Whole Wheat Bread, Mixed Fruit, Steamed Carrots, and Milk	Spaghetti with Beef Crumbles, Green Beans, Peaches, and Milk	Fish Sticks, Tater Tots w ketchup, Pears, and Milk
PM Snack	Cheddar Goldfish, Raisins, and Chilled Water	Chex Mix with 100% Fruit Juice	Cheese Stick, Multigrain Crackers, and Chilled Water	Apple Muffins and 100% Fruit Juice	Vanilla Yogurt, Blueberries and Chilled Water
	13	14	15	16	17
AM Snack	Whole Grain Cereal, Bananas, and Milk	French Toast Sticks with lite Syrup, Mandarin Oranges, and Milk	Biscuit with Jelly, Peaches, and Milk	Nutrigrain Bars, Mangos, and Milk	Scrambled Egg Biscuit, Baked Apples, and Milk
Lunch	Chicken Nuggets, Dinner Roll, Salad with Ranch, Mixed Fruit, and Milk	Whole Grain Macaroni and Cheese, Green Beans, Applesauce, and Milk	Meatloaf, Baked Beans, Apricots, Dinner Roll, and Milk	BBQ Chicken Sandwich on a Whole Wheat Bun, Sweet Potatoes, Pears, and Milk	Turkey and Cheese on Whole Wheat Bun, Tomato Soup, Peaches, and Milk
PM Snack	Graham Crackers, Sunbutter, Raisins and Chilled Water	Chex Mix with 100% Fruit Juice	Cheddar Cheese Cubes, Veggie Crackers, and Chilled Water	Mixed Berry Animal Crackers and 100% Fruit Juice	Sunbutter with Banana Slices and Chilled Water
	20	21	22	23	24
AM Snack	Whole Grain Cereal, Mangos, and Milk	Whole Grain Pancakes with Lite Syrup, Blueberries, and Milk	Yogurt Smoothies, Peaches, and Milk	English Muffin with Jelly, Apple Slices, and Milk	Whole Grain Oatmeal, Strawberries, and Milk
Lunch	Chicken & Penne in Marinara Sauce, Side Salad with Ranch, Mixed Fruit, and Milk	Turkey Sausage with Cheese and Egg on a Roll, Melon, Green Beans, and Milk	Cheesy Beef and Macaroni Pasta, Mixed Vegetables, Peaches, and Milk	Sweet & Sour Chicken with Rice, Peas & Carrots, Mixed Fruit, and Milk	Sloppy Joes on a Whole Wheat Bun, Potato Wedges, Pears, and Milk
PM Snack	Pretzel Bites with Cheese Dip, and Chilled Water	Veggie Crackers and 100% Fruit Juice	Graham Crackers, Sunbutter, and Chilled Water	Blueberry Muffins and 100% Fruit Juice	Cheese Stick, Ritz Crackers, and Chilled Water
	27	28	29	30	1
AM Snack	Whole Grain Cereal, Peaches, and Milk	Vanilla Yogurt, Blueberries, and Milk	Pancakes with Light Syrup, Baked Apples, and Milk	Whole Wheat Cheese Toast with Bananas, and Milk	Turkey Sausage on a Buttermilk Biscuit and Milk
Lunch	Chicken Alfredo, Green Beans, Pineapple, and Milk	Tomato Soup with Grilled Cheese, Steamed Carrots, Apricots, and Milk	Beef Tacos with Wheat Tortillas, Cheese, Black Bean and Corn Salsa, Mangos, and Milk	Kidney Beans with Whole Grain Rice, Green Beans, Mandarin Oranges, and Milk	Turkey and Cheese on a Whole Wheat Bread, Peas and Carrots, Pineapple, and Milk
PM Snack	Cheddar Goldfish, Craisins, and Chilled Water	Baked Cheese Squares and 100% Fruit Juice	Pretzel Twists, Cheese Sauce and Chilled Water	Trail Mix and 100% Fruit Juice	Apple Slices with Sun Butter, and Chilled Water
AM Snack	Happy Fourth of July!!		Food Substitutes for Infants and Toddlers:		
Lunch			Apple slices sub Applesauce		
PM Snack			Bananas, Salad sub steamed Vegetables		
			Carrot Sticks sub Steamed Carrots		
			Hard Snacks sub yogurt		

