



## Lunch Menu

June 2021

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain Whole Milk  
(*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>June 1</b>  <b>Chicken &amp; Cheese on WG Flour Tortilla</b>            Carrot Sticks (Peas)            Fruit            Milk    <b>Balsamic Tofu</b></p>	<p><b>June 2</b>  <b>Mac and Cheese w/ WG Pasta</b>            Cooked Broccoli            Fruit            Milk</p>	<p><b>June 3</b>  <b>Turkey Sausage</b>            French Toast            Breakfast Potatoes            Fruit            Milk  <b>Veggie Sausage</b></p>	<p><b>June 4</b>  <b>Turkey and American on WG Bun</b>            Mayo            Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>)            Fruit            Milk  <b>Chic Pea Wrap</b></p>
<p><b>June 7</b>  <b>Meatball Parm</b>            WG Garlic Toast            Mixed Veg            Fruit            Milk  <b>Veggie Meatball Parm</b></p>	<p><b>June 8</b>  <b>Chicken Club Wrap on WG Flour Tortilla</b>            Celery Sticks            Fruit            Milk  <b>Chic Pea Club Wrap</b></p>	<p><b>June 9</b>  <b>Beef Tacos</b>            WG Flour Tortilla            Corn &amp; Black Bean Salad            Fruit            Milk  <b>Bean Taco</b></p>	<p><b>June 10</b>  <b>Scrambled Eggs w/ Cheese</b>            WG English Muffin            Breakfast Potatoes            Fruit            Milk</p>	<p><b>June 11</b>  <b>Grilled Chicken, Cheddar Cheese, lettuce, and Ranch on WG Flour Tortilla</b>            Carrot Sticks w/ Ranch Dressing            Fruit            Milk  <b>Edamame Wrap</b></p>
<p><b>June 14</b>  <b>Hearty Pasta Salad w/ WG Pasta</b>            Carrot Sticks w/ Ranch Dressing (peas)            Fruit            Milk    <b>Lentil Pesto Pasta Salad</b></p>	<p><b>June 15</b>  <b>BBQ Chicken</b>            WG Sandwich Roll            Chopped Broccoli Salad            Fruit            Milk  <b>Veggie Patty on Wheat Bread</b></p>	<p><b>June 16</b>  <b>Swedish Meatballs</b>            Buttered Noodles            Corn            Fruit            Milk  <b>Veggie Meatballs</b></p>	<p><b>June 17</b>  <b>Chicken Salad Sandwich</b>            Whole Wheat Bread            Carrot Sticks w/ Ranch Dressing (peas)            Fruit            Milk</p>	<p><b>June 18</b>  <b>Chicken Nuggets</b>            Potato Wedges            Ketchup            Fruit Cocktail            Milk  <b>Veggie Burger</b></p>
<p><b>June 21</b>  <b>Turkey &amp; Provolone Wrap on WG Flour</b>            Mayo            Tomato/Cucumber Salad            Fruit            Milk  <b>Sun butter and Jelly Sandwich</b></p>	<p><b>June 22</b>  <b>Garden Salad w/ WG Chicken Tenders</b>            Honey Mustard            Garden Salad w/ Cheese (cooked carrots w/ Chicken Fingers)            Fruit            Milk  <b>Veggie Nuggets</b></p>	<p><b>June 23</b>  <b>Flatbread Pizza WG Flatbread</b>            Green Beans            Fruit            Milk</p>	<p><b>June 24</b>  <b>SunButter &amp; Grape Fruit Spread on WW Bread</b>            Carrot Sticks            Fruit            Milk</p>	<p><b>June 25</b>  <b>Beef Chili</b>            WG Dinner Roll            Mixed Vegetables            Fruit            Milk  <b>Veggie Bean Chili</b></p>
<p><b>June 28</b>  <b>Tuna Salad on WG Bun</b>            Carrot Sticks(Peas)            Ranch Dressing            Fruit            Milk  <b>Cheese Sandwich</b></p>	<p><b>June 29</b>  <b>Grilled Chicken</b>            WG Dinner Roll            Green Beans            Fruit            Milk  <b>Tofu</b></p>	<p><b>June 30</b>  <b>WG Chicken Patty Sandwich</b>            American Cheese            Coleslaw            WG Sandwich Roll            Ketchup            Fruit            Milk  <b>Veggie Burger</b></p>		

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges,

Mangos