



Lunch Menu

June 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>June 1 Cheese Sandwich on WW Bread Carrot Sticks (cooked carrots) Ranch Dressing Fruit Milk</p>	<p>June 2 WG Pasta w/ Meat Sauce Mixed Vegetables Fruit Milk Veggie Patty on Wheat Bread</p>	<p>June 3 Chicken & Cheese Burrito on WG Flour Tortilla Corn Fruit Milk Bean Burrito</p>
<p>June 6 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>June 7 Mac & Cheese w/ WG Pasta Cooked Carrots Fruit Milk</p>	<p>June 8 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese Dinner Roll Caesar Dressing Fruit Milk Edamame</p>	<p>June 9 Grilled Chicken WG Pasta w/ Sauce Broccoli Fruit Cocktail Milk Veggie Patty on Wheat Bread</p>	<p>June 10 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>
<p>June 13 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Fruit Milk Veggie Burger</p>	<p>June 14 Beef & Cheese Burrito on WG Flour Tortilla Tomato/Cucumber Salad Fruit Milk Bean Burrito</p>	<p>June 15 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk Edamame</p>	<p>June 16 Swedish Meatballs WG Pasta Peas Fruit Milk Veggie Meatballs</p>	<p>June 17 Chicken Salad on WG Bun Carrot Sticks w/ Ranch (cooked Carrots) Fruit Milk Cheese Sandwich on WW Bread</p>
<p>June 20 Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk Teriyaki Tofu</p>	<p>June 21 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ</p>	<p>June 22 SunButter & Grape Fruit Spread Sandwich on WW Bread Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk</p>	<p>June 23 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese</p>	<p>June 24 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Carrot Sticks w/ Ranch Dressing Fruit Milk Cheese Sandwich</p>
<p>June 27 Hamburger on WG Bun w/ Sliced Cheddar Cheese Roasted Potatoes Fruit Milk Veggie Burger</p>	<p>June 28 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk Veggie Patty on Wheat Bread</p>	<p>June 29 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk Edamame</p>	<p>June 30 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Fruit Milk Veggie Meatballs</p>	<p>July 1 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</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