



Main Lunch Menu

June 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

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

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 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 3 Egg and Cheese on WG Bagel Potatoes Fruit Milk <i>National Egg Day!</i></p>	<p>June 4 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk Cheese Sandwich on WW Bread</p>	<p>June 5 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake</p>	<p>June 6 Turkey Sausage String Cheese (3+ Only) WG French Toast Broccoli (Peeled and Diced Cucumbers) Fruit Milk WG Waffle and Veggie Sausage</p>	<p>June 7 Taco Beef w/Cheddar Cheese WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito</p>
<p>June 10 Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger</p>	<p>June 11 Swedish Meatballs WG Biscuit Green Beans Fruit Milk Veggie Meatballs</p>	<p>June 12 Grilled Chicken WG Pita Bread Broccoli (Peas) Fruit Tzatziki Sauce Milk Tofu w/Tzatziki Sauce <i>International Falafel Day!</i></p>	<p>June 13 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk</p>	<p>June 14 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Veggie Nuggets</p>
<p>June 17 WG Chicken Fingers Tater Tots Ketchup Fruit Milk Veggie Nuggets</p>	<p>June 18 Turkey Burger WG Sandwich Roll Corn Fruit Milk Veggie Burger</p>	<p>June 19 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk</p>	<p>June 20 WG Pasta w/Meat Sauce Broccoli (Mixed Vegetables) Fruit Milk Lentils w/Sauce</p>	<p>June 21 WG Chicken Egg Roll String Cheese 3+ Green Beans (School Age) Fruit Milk Veggie Nuggets</p>
<p>June 24 Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie</p>	<p>June 25 Meatloaf w/Beef Gravy WG Dinner Roll Mashed Potatoes Pineapple Milk Veggie Burger <i>National Pineapple Day!</i></p>	<p>June 26 Teriyaki Chicken Brown Rice Broccoli (Peas) Ranch Dressing Fruit Milk Teriyaki Tofu</p>	<p>June 27 Beef BBQ WG Bun Corn Fruit Milk Veggie Burger</p>	<p>June 28 Turkey and Cheese Wrap on WG Tortilla Carrot Sticks (Cooked Carrots) Ranch Dressing Mayonnaise Fruit Milk Cheese Sandwich on WW Bread</p>

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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