


# Meal Plan June 2019

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
<b>Breakfast</b>	3 <b>Assorted Cereal/Fruit / Milk</b>	4 <b>French Toast Sticks / Milk</b>	5 <b>Assorted Cereal/Fruit / Milk</b>	6 <b>Waffles / Fruit / Milk</b>	7 <b>Assorted Cereal/Fruit / Milk</b>	<b>*MENU ITEMS SUBJECT TO CHANGE*</b>
Lunch	Chicken Nuggets Green Beans Mandarin Oranges / Milk	Turkey Roll Ups Carrots Mixed Fruit / Milk	Beef Nuggets Mixed Vegetables Peaches / Milk	Cheese Quesadilla Salad Pineapple / Milk	Chicken Pasta Salad Corn Apple Slice / Milk	
<u>Snack</u>	<u>Saltines / Raisins / Juice / Water</u>	<u>Oatmeal Cookies / Juice / Water</u>	<u>Cheese Crackers / Juice / Water</u>	<u>Fig Bars / Juice / Water</u>	<u>Wheat Crackers / String Cheese / Juice / Water</u>	
<b>Breakfast</b>	10 <b>Assorted Cereal/Fruit / Milk</b>	11 <b>Mini Muffins/Yogurt / Milk</b>	12 <b>Assorted Cereal/Fruit / Milk</b>	13 <b>Pancakes/ Fruit / Milk</b>	14 <b>Assorted Cereal/Fruit / Milk</b>	<b>*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.</b>
Lunch	Macaroni & Cheese Roasted Broccoli Pears / Milk	Turkey Meatballs Green Beans Mandarin Oranges / Milk	Fish Sticks Corn Mixed Fruit / Milk	Hamburger on Bun Tater Tots Peaches / Milk	Cheese Pizza Salad Pineapple / Milk	
<u>Snack</u>	<u>Sugar Cookies / Juice / Water</u>	<u>Ritz Crackers / Pickles / Juice / Water</u>	<u>Mini Moon Pies / Juice / Water</u>	<u>Snack Mix / Juice / Water</u>	<u>Rice Krispy Treats / Juice / Water</u>	
<b>Breakfast</b>	17 <b>Assorted Cereal/Fruit / Milk</b>	18 <b>Blueberry Pancakes/ Milk</b>	19 <b>Assorted Cereal/Fruit / Milk</b>	20 <b>French Toast Sticks / Milk</b>	21 <b>Assorted Cereal/Fruit / Milk</b>	<b>***Indicates the lunch may contain Dairy**</b>
Lunch	Chicken Patty Mashed Potatoes Peaches / Milk	Meatloaf Carrots Mixed Fruit / Milk	Beef Ravioli Salad Apple Slices / Milk	Hot Dog Roll ups Mixed Vegetables Pears / Milk	Chicken Noodle Casserole Green Beans Mixed Fruit / Milk	
<u>Snack</u>	<u>Mini Pretzel Twist / Juice / Water</u>	<u>Chocolate Cream Pies / Juice / Water</u>	<u>Rich &amp; Crisp Crackers / Juice / Water</u>	<u>Animal Crackers/Juice / Water</u>	<u>Veggie Straws / Juice / Water</u>	
<b>Breakfast</b>	24 <b>Assorted Cereal/Fruit / Milk</b>	25 <b>Waffles / Fruit / Milk</b>	26 <b>Assorted Cereal/Fruit / Milk</b>	27 <b>Mini Muffins/Yogurt / Milk</b>	28 <b>Assorted Cereal/Fruit / Milk</b>	
Lunch	Steak Fingers Carrots Apple Sauce / Milk	Cheese Tortellini with Sauce Corn Pineapple / Milk	Mini Corn Dog Nuggets Green Beans Mandarin Oranges / Milk	Sliced Ham Mashed Potatoes Mixed Fruit / Milk	Turkey & Cheese Sliders Roasted Broccoli Pears / Milk	
<u>Snack</u>	<u>Fruit Squeeze / Juice / Water</u>	<u>Sun Chips / Juice / Water</u>	<u>Graham Crackers / Raisins / Juice / Water</u>	<u>Chex Mix / Juice / Water</u>	<u>Chocolate Chip Oatmeal Squares / Juice / Water</u>	
Breakfast	7/1 <b>Assorted Cereal/Fruit / Milk</b>	7/2 <b>French Toast Sticks / Milk</b>	7/3 <b>Assorted Cereal/Fruit / Milk</b>	7/4	7/5 <b>Assorted Cereal/Fruit / Milk</b>	
Lunch	Fish Sticks Mixed Vegetables Pineapple / Milk	Pasta with Sauce & Cheese Roasted Broccoli Mandarin Oranges / Milk	Turkey & Cheese Sandwich Carrots Pears / Milk	<div style="border: 1px solid black; padding: 10px;"> <p><b>CLOSED FOR THE 4<sup>TH</sup> OF JULY</b></p>  </div>	Beef Tacos Corn Apple Slices / Milk	
<u>Snack</u>	<u>Oyster Crackers / String Cheese / Juice / Water</u>	<u>Teddy Grahams / Juice / Water</u>	<u>Ritz Bits with Cheese / Juice / Water</u>		<u>Chocolate Chip Cookies / Juice / Water</u>	