



Monthly Menu for June 2023

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 6/05/23	Cornflakes, Oranges, Milk	BBQ Chicken, Corn, Watermelon, Whole Wheat Bread, Milk	Yogurt & Peaches
Tuesday 6/06/23	Peaches & Cream Muffin, Apple Sauce, Milk	Tuna Salad on Whole Wheat Wrap, Carrots, Fresh Fruit Salad, Milk	Pears, Milk
Wednesday 6/07/23	Cheerios, Watermelon, Milk	Cheese Tortellini, Mixed Vegetables, Oranges, Milk	Sun-butter & Crackers
Thursday 6/08/23	Waffles w/ Whipped Cream, Peaches, Milk	Turkey Burgers w/ Cheese on Whole Wheat Bun, Sweet Potato Fries, Pears, Milk	Oranges, Milk
Friday 6/09/23	Raisin Bran Cereal, Pears, Milk	Baked Mac & Cheese, Broccoli, Fresh Fruit Salad, Milk	Strawberry Muffin, Milk

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 6/12/23	Life Cereal, Pears, Milk	Beef Burgers w/ Cheese on Whole Wheat Bun, Baked Beans, Fresh Fruit Salad, Milk	Apples & Sun-butter
Tuesday 6/13/23	English Muffins w/ Jelly, Apple Sauce, Milk	Cheese Quesadilla on Whole Wheat Wrap, Sour Cream, Mixed Vegetables, Oranges, Milk	Watermelon, Milk
Wednesday 6/14/23	Corn Flakes, Oranges, Milk	Grilled Chicken Salad (Lettuce, Tomatoes, Carrots, Cucumbers) French Dressing, Watermelon, Garlic Bread, Milk	Cheese & Crackers
Thursday 6/15/23	French Toast w/ Powdered Sugar, Blueberries, Milk	Baked Flounder, Brown Rice, Corn, Apples, Milk	Peaches, Milk
Friday 6/16/23	Rice Krispy Cereal, Apples, Milk	Cheese Pizza on Cauliflower Crust, Green Beans, Fresh Fruit Salad, Milk	Mango w/ Yogurt

Monthly Menu for June 2023

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 6/19/23	Center Closed		Juneteenth
Tuesday 6/20/23	Buttermilk Biscuit w/ Jelly, Pears, Milk	Beef Tacos w/ Hard & Soft Shell, Corn on Cob, Watermelon, Sour Cream, Salsa, Lettuce, Cheese, Milk	Pineapples, Milk
Wednesday 6/21/23	Life Cereal, Apples, Milk	Baked Haddock w/ Lemon Garlic Sauce, Mixed Vegetables, Oranges, Whole Wheat Bread, Milk	Sun-butter & Crackers
Thursday 6/22/23	Oatmeal, Peaches, Milk	Turkey Breast, Mashed Potatoes, Green Beans, Whole Wheat Bread, Milk	Watermelon, Milk
Friday 6/23/23	Cheerios, Blueberries, Milk	Cheese Ravioli, Broccoli, Fresh Fruit Salad, Milk	Parfait (Yogurt, Strawberries, Granola)

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 6/26/23	Raisin Bran Cereal, Oranges, Milk	Chicken Caesar Salad on Whole Wheat Wrap, Carrots, Pineapples, Milk	Cheese & Apples
Tuesday 6/27/23	Waffles w/ Whipped Cream, Raspberries, Milk	BBQ Turkey Burgers w/ Cheese on Whole Wheat Bun, Baked Beans, Oranges, Milk	Pineapples, Milk
Wednesday 6/28/23	Corn Flakes, Bananas, Milk	Tuna Pasta Salad (Macaroni Pasta, Tuna, Mayo, Peas) Fresh Fruit Salad, Milk	Yogurt & Pears
Thursday 6/29/23	Bagels w/ Jelly, Fruit Salad, Milk	Beef Salisbury Steak, Mashed Sweet Potatoes, Corn, Whole Wheat Bread, Milk	Bananas, Milk
Friday 6/30/23	Rice Krispy Cereal, Pears, Milk	Cheese Pizza w/ Spinach, Mixed Vegetables, Fresh Fruit Salad, Milk	Blueberry Muffins, Milk

Additional Information

Vegetarian Substitution: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad
 Infant Class Substitution: Sun-butter, Apples, Oranges will be replacing with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables.
 The infant class will be offered whole grain items for their afternoon snack.
 Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.
 Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr olds: 1% Low Fat