

June Citrus Free Breakfast Menu



Eagle Academy
Public Charter School
Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Scrambled Eggs with Cheese on a Whole Grain Flatbread Pineapple Chunks Skim or 1% Milk	4 Turkey Sausage Strata Fresh Peach Skim or 1% Milk	5 Toasted Oatmeal with Dried Cranberries & Raisins Local Fresh Apple Skim or 1% Milk	6 Whole Grain Apple Muffin Cheese Stick Banana Skim or 1% Milk	7 Assorted Variety of Cereal Yogurt Applesauce Skim or 1% Milk
10 Chilaquiles Whole Wheat Tortilla Pineapple Chunks Skim or 1% Milk	11 Turkey Ham & Egg Bake Whole Wheat Roll Fresh Peach Skim or 1% Milk	12 Assorted Variety of Cereal Yogurt Local Fresh Apple Skim or 1% Milk	13 Whole Grain Banana Bread Banana Skim or 1% Milk	14 Toasted Oatmeal with Dried Cranberries & Raisins Applesauce Skim or 1% Milk
17 Whole Grain Cheesy Grits Turkey Sausage Pineapple Chunks Skim or 1% Milk	18 Homemade French Toast Fresh Peach Skim or 1% Milk	19 Broccoli & Cheddar Egg Bake Whole Wheat Roll Local Fresh Apple Skim or 1% Milk	20 Whole Grain Blueberry Muffin Cheese Stick Banana Skim or 1% Milk	21 Yogurt Whole Grain Graham Crackers Applesauce Skim or 1% Milk
24 Whole Wheat English Muffin w/ Jelly Cheese Stick Pineapple Chunks Skim or 1% Milk	25 Turkey Sausage & Egg on a English Muffin Fresh Peach Skim or 1% Milk	26 Assorted Variety of Cereal Yogurt Local Fresh Apple Skim or 1% Milk	27 Whole Wheat Bagel with Cream Cheese Banana Skim or 1% Milk	28 Potato & Cheese Frittata Whole Grain Flatbread Applesauce Skim or 1% Milk

June Citrus Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet & Sour Pinto Beans (no citrus) Fried Brown Rice Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Kiwi Milk Varsity	4 Field Day Hamburger or Hot Dog on a Whole Wheat Bun BBQ Baked Beans Cole Slaw Local Fresh Watermelon Milk Varsity	5 Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Peach Milk Varsity	6 BBQ Chicken Whole Grain Polenta Whole Wheat Roll Roasted Sweet Potatoes Braised Collard Greens Fresh Apple Milk Varsity	7 Last Day of School Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Diced Tomatoes Banana Milk Varsity
10 Baked Mac & Cheese Tomato Basil Salad Sautéed Green Beans Fresh Kiwi Milk Varsity	11 Beef & Cheese Tacos on Hard Shells with Lettuce and Tomato Pinto Beans Local Fresh Watermelon Milk Varsity	12 Cajun Chicken Creole Louisiana Brown Rice Whole Wheat Roll Steamed Broccoli Local Steamed Corn Fresh Peach Milk Varsity	13 Turkey & Cheese Sandwich on a Whole Wheat Bun Southern Potato Salad Spicy Kale Salad Fresh Apple Milk Varsity	14 Fish Sticks Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Banana Milk Varsity
17 Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Kiwi Milk Varsity	18 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Local Fresh Watermelon Milk Varsity	19 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Peach Milk Varsity	20 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Apple Milk Varsity	21 All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Local Sliced Tomatoes Banana Milk Varsity
24 Sweet & Sour Pinto Beans (no citrus) Fried Brown Rice Local Sautéed Zucchini & Onions Mixed Greens Salad Fresh Kiwi Milk Varsity	25 Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Local Fresh Watermelon Milk Varsity	26 Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Peach Milk Varsity	27 Turkey & Cheese Sandwich on a Whole Wheat Bun Southern Potato Salad Carrot Slaw Fresh Apple Milk Varsity	28 Chicken Caesar Salad with Mixed Greens Whole Grain Flatbread Diced Tomatoes Banana Milk Varsity

Homemade, healthy food made with love.

June Citrus Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Nuggets Whole Wheat Roll Braised Collard Greens Banana Milk Varity	4 Navy Bean Dip Whole Grain Flatbread Carrot Sticks Apple Juice Milk Varity	5 Lemon Pepper Chicken Farro Pilaf Steamed Sweet Peas Local Fresh Watermelon Milk Varity	6 Turkey Ham & Cheese on a Whole Wheat Bun Three Bean Salad Fresh Nectarine Milk Varity	7 Last Day of School Sloppy Joe on a Whole Wheat Bun Steamed Broccoli Applesauce Milk Varity
10 Veggie Burger with Cheese on a Whole Wheat Bun BBQ Baked Beans Banana Milk Varity	11 Chicken Salad Whole Wheat Crackers Sliced Cucumbers Apple Juice Milk Varity	12 Salisbury Steak with Gravy Whole Grain Cornbread Dressing Steamed Sweet Peas Local Fresh Watermelon Milk Varity	13 Roasted Chicken Drumstick Whole Wheat Roll Roasted Cauliflower Fresh Nectarine Milk Varity	14 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Applesauce Milk Varity
17 Eagle Snack Pack with Turkey, Cheese & Crackers Dill Pickle Slices Banana Milk Varity	18 Tuna Salad Whole Wheat Roll Zucchini Sticks Apple Juice Milk Varity	19 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Local Fresh Watermelon Milk Varity	20 Chef Salad w/ Turkey & Cheddar over Mixed Greens Whole Grain Flatbread Fresh Nectarine Milk Varity	21 Chicken & Cheese Quesadilla Warm Black Bean & Corn Salsa Applesauce Milk Varity
24 Hummus Whole Grain Flatbread Roasted Garlic Eggplant Banana Milk Varity	25 Fish Sticks Whole Wheat Roll Steamed Corn Apple Juice Milk Varity	26 Grilled Cheese Sandwich on Whole Wheat Bread Sautéed Green Beans Local Fresh Watermelon Milk Varity	27 Jerk Chicken Brown Rice Sweet Plantains Fresh Nectarine Milk Varity	28 Baked Chicken Alfredo over Whole Wheat Pasta Sautéed Zucchini & Onions Applesauce Milk Varity

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