

# Breakfast Menu

June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1  Mini Maple Pancakes Fruit Milk
4  Pan Dulce Fruit Milk	5  Breakfast Cheese Tamale 100% Fruit Juice Fruit Milk	6  Mini Muffin String Cheese Fruit Cup Fruit Milk	7  Apple Jacks Cereal Whole Grain Bites Fruit Milk	8  Chicken Chorizo & Papas Taco *Vegetarian Option Available* Fruit Milk
11  Yogurt Granola Fruit Milk	12  Chicken & Waffle Syrup *Vegetarian Option Available* 100% Fruit Juice Fruit Milk	13  Coffee Cake Fruit Cup Fruit Milk	14  Fruit Loops Cereal Whole Grain Bites Fruit Milk	15  Country Biscuit w/ Sausage Gravy *Vegetarian Option Available* Fruit Milk
18  Apple Cinnamon Muffin Flat Fruit Milk	19  Pancakes 100% Fruit Juice Fruit Milk	20  Banana Bread Fruit Cup Fruit Milk	21  Chocolate Mini Wheats Cereal Whole Grain Bites Fruit Milk	22  Bean & Cheese Burrito Fruit Milk
25	26	27	28	29

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.



# Lunch Menu 9-12

June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 <b>Baked Ziti w/ Meat Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
4 <b>BBQ Chicken Sandwich on Hoagie Roll</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	5 <b>Turkey Nachos</b> <i>Tortilla Chips</i> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	6 <b>Cheeseburger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	7 <b>Red Chicken Enchiladas</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	8 <b>Pepperoni Pizza Mac &amp; Cheese</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
11 <b>Cheese Tamale Mixed Vegetables</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	12 <b>Turkey Chili Popped Corn Chips</b> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	13 <b>Chicken Patty Burger</b> <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	14 <b>Teriyaki Beef Not So Fried Rice</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	15 <b>Spaghetti w/ Meat Sauce Marinara Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
18 <b>Chicken Burrito</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	19 <b>Cheesy Stuffed Shells</b> <i>Whole Grain Dessert</i> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	20 <b>BBQ Western Cheeseburger</b> <i>Oven Baked Fries</i> <i>Baby Carrots w/ Ranch</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	21 <b>Chicken Tamale Mixed Vegetables</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	22 <b>Fish Patty Burger</b> <i>Oven Baked Potato Tots</i> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
25	26	27	28	29

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



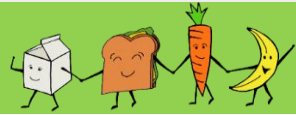
# Lunch Menu 9-12 Vegetarian



**June 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 <b>Baked Ziti w/ Marinara Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
4 <b>Plant-based BBQ "Chicken" Sandwich on Hoagie Roll</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	5 <b>Turkey Nachos</b> <i>Tortilla Chips</i> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	6 <b>Vegetarian Cheeseburger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	7 <b>Red Cheese Enchiladas</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	8 <b>Pizza Mac &amp; Cheese</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
11 <b>Cheese Tamale Mixed Vegetables</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	12 <b>Turkey Chili Popped Corn Chips</b> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	13 <b>Vegetarian Burger</b> <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	14 <b>Plant-based Teriyaki "Chicken" Not So Fried Rice</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	15 <b>Cheesy Spaghetti Marinara Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
18 <b>Bean &amp; Cheese Burrito</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	19 <b>Cheesy Stuffed Shells</b> <i>Whole Grain Dessert</i> <i>Baby Carrots</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	20 <b>Vegetarian Cheeseburger</b> <i>Oven Baked Fries</i> <i>Baby Carrots w/ Ranch</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	21 <b>Cheese Tamale Mixed Vegetables</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	22 <b>Vegetable Burger</b> <i>Oven Baked Potato Tots</i> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
25	26	27	28	29

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.  
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# Sandwich Menu 9-12



**June 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
4 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	5 Turkey & Cheese Sandwich on Pretzel Roll Baby Carrots Fruit Cup & Fruit Milk	6 Roast Beef Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	7 Wowbutter Sandwich Side Salad Fruit Milk	8 Ham & Cheese Sandwich (Contains Pork) Baby Carrots 100% Fruit Juice & Fruit Milk
11 Turkey & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	12 Ham & Cheese Sandwich (Contains Pork) Baby Carrots Fruit Cup & Fruit Milk	13 Turkey Pastrami & Cheese Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	14 Wowbutter Sandwich Side Salad Fruit Milk	15 Roast Beef Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
18 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	19 Turkey & Cheese Sandwich on Pretzel Roll Baby Carrots Fruit Cup & Fruit Milk	20 Roast Beef Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	21 Wowbutter Sandwich Side Salad Fruit Milk	22 Turkey & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
25	26	27	28	29

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# Salad Entrée Menu 9-12



**June 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Buffalo Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
4 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	5 Buffalo Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Fruit Cup & Fruit Milk	6 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	7 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	8 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
11 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	12 Buffalo Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Fruit Cup & Fruit Milk	13 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	14 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	15 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
18 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	19 Buffalo Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Fruit Cup & Fruit Milk	20 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	21 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	22 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
25	26	27	28	29

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# Field Trip Menu 9-12



**June 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
<p><b>Turkey &amp; Cheese Sandwich</b>  <b>Wowbutter &amp; Jelly Sandwich w/ Baby Carrots</b>  <i>Apple Sauce &amp; Fruit</i>  <i>Fruitable Juice (6oz)</i>  <i>Whole Grain Cookie</i>  <i>Milk</i></p>				
4	5	6	7	8
<p><b>Turkey &amp; Cheese Sandwich</b>  <b>Wowbutter &amp; Jelly Sandwich w/ Baby Carrots</b>  <i>Apple Sauce &amp; Fruit</i>  <i>Fruitable Juice (6oz)</i>  <i>Whole Grain Cookie</i>  <i>Milk</i></p>				
11	12	13	14	15
<p><b>Turkey &amp; Cheese Sandwich</b>  <b>Wowbutter &amp; Jelly Sandwich w/ Baby Carrots</b>  <i>Apple Sauce &amp; Fruit</i>  <i>Fruitable Juice (6oz)</i>  <i>Whole Grain Cookie</i>  <i>Milk</i></p>				
18	19	20	21	22
<p><b>Turkey &amp; Cheese Sandwich</b>  <b>Wowbutter &amp; Jelly Sandwich w/ Baby Carrots</b>  <i>Apple Sauce &amp; Fruit</i>  <i>Fruitable Juice (6oz)</i>  <i>Whole Grain Cookie</i>  <i>Milk</i></p>				
25	26	27	28	29
Empty cells for days 25-29				

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# Snack Menu

June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1  Whole Grain Bites 100% Fruit Juice (6oz)
4  Cinnamon Granola 100% Fruit Juice (6oz)	5  String Cheese Corn Nuggets	6  Cereal Pouch 100% Fruit Juice (6 oz)	7  Banana Muffin Fruit (3/4)	8  Cheese Puffs 100% Fruit Juice (6 oz)
11  Multi-Grain Bar 100% Fruit Juice (6 oz)	12  Cheese Cup Wheat Crackers	13  Baked Chips 100% fruit Juice (6 oz)	14  Cheez-its Fruit (3/4)	15  Pretzels 100% Fruit Juice (6 oz)
18  Mini Blueberry Loaf 100% Fruit Juice (6 oz)	19  Sunbutter Cup Graham Crackers	20  Chex Mix 100% Fruit Juice (6 oz)	21  Rice Krispies Treats Fruit (3/4 c)	22  Cranberry Oatmeal Round 100% Fruit Juice (6 oz)
25	26	27	28	29

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Snack includes 2 items: grain, fruit, protein or milk.

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# Supper Menu

June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 WG Green Chicken Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Fruit (1/2 c)
4 WG Turkey Lasagna (2M/MA, 2 G/B) Marinara Sauce (1/2 c veg) Apple Sauce (1/2 c)	5 WG Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)	6 WG Chicken Tamale (2 M/MA, 2 GB) Mixed Vegetables (1/2 c veg) Sliced Apple (1/2 c)	7 Orange Chicken (2 M/MA) WG Chow Mein Noodles (1 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)	8 WG Chicken Tenders (2 M/MA, 1 G/B) Oven Baked Fries (1/2 c veg) Fruit (1/2 c)
11 WG Cheeseburger Sliders (2M/MA, 2 G/B) Fruitable Juice (1/2 c veg) Apple Sauce (1/2 c)	12 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its (1 G/B) Fruit (1/2 c)	13 WG Chicken Burrito (2M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Hot Sauce Sliced Apple (1/2 c)	14 Turkey Chili (2 M/MA, 1/2 c veg) WG Popped Corn Chips (2 G/B) 100% Fruit Juice (1/2 c)	15 WG Green Chicken Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Fruit (1/2 c)
18 WG Chicken Patty Burger (2M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)	19 WG Turkey & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)	20 Turkey Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B) Sliced Apple (1/2 c)	21 WG Cheeseburger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) 100% Fruit Juice (1/2 c)	22 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its (1 G/B) Fruit (1/2 c)
25	26	27	28	29

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable  
1/4 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)  
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