

	Monday	Tuesday 6/1/21	<input type="checkbox"/> Wednesday 6/2/21	<input type="checkbox"/> Thursday 6/3/21	<input type="checkbox"/> Friday 6/4/21
AM SNACK					
Meat/Meat Alternate		LOW FAT YOGURT	MINI WHEAT BAGEL	MULTI GRAIN CHEERIOS	ENRICHED CHEESE CRACKERS
Whole Grain/Grain Alternate		TANGERINE	FRUIT SALAD	BANANA	SLICED KIWI
Vegetable or Fruit		WATER	WATER	WATER	WATER
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate		CHICKEN NUGGETS	HAM AND CHEESE	BBQ CHICKEN PIZZA	TURKEY BURGER
Whole Grain/Grain Alternate		WHOLE WHEAT ROLL	MULTI GRAIN SUB ROLL	WHOLE WHEAT FLAT BREAD	MULTI GRAIN BUN
Vegetable or Fruit		FRUIT COCKTAIL	HALVED CHERRY TOMATOES	PINEAPPLE TIDBITS	HONEY DEW MELON
Vegetable		STEAMED CORN	GREEN APPLE SLICES	POTATO SALAD	GRILLED TOMATOES
Fluid Milk		* MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER					
Meat/Meat Alternate		OVEN FRIED FISH	STEAK TACOS	BAKED PORK CHOPS	GRILLED CHICKEN SALAD
Whole Grain/Grain Alternate		WHOLE WHEAT BREAD	WHOLE CORN TORTILLA	WHOLE WHEAT ROLL	WHOLE GRAIN BREAD STICK
Vegetable or Fruit		COLE SLAW	WATERMELON	HALVED RED GRAPES	DICED PEACHES
Vegetable		SWEET PEAS	SUMMER SQUASH	STEAMED BROCCOLI	SLICED CUCUMBER & TOMATO
Fluid Milk		* MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<p>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</p>					

*** One whole grain must be served at one of the approved meals. Check Whole Grain Meal.**

	Monday 6/7/21	Tuesday 6/8/21	<input type="checkbox"/> Wednesday 6/9/21	<input type="checkbox"/> Thursday 6/10/21	<input type="checkbox"/> Friday 6/11/21
AM SNACK					
Meat/Meat Alternate	TUNA SALAD	WHOLE GRAIN RICE CAKE	COTTAGE CHEESE	HAM & TURKEY CUBES	MULTI GRAIN TORTILLA CHIPS
Whole Grain/Grain Alternate	WHOLE GRAIN CRACKERS	APPLESAUCE	CRUSHED PINEAPPLE	WHOLE WHEAT SESAME STICKS	CHUNKY VEGGIE SALSA
Vegetable or Fruit	WATER	WATER	WATER	WATER	WATER
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate	HAM & CHEESE SUB	GRILLED CHICKEN TENDERS	BEEF SPAGHETTI	POPCORN SHRIMP	EXTRA CHEESE PIZZA
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	WHOLE WHEAT PASTA SALAD WITH BROCCOLI & TOMATOES	WHOLE WHEAT GARLIC TOAST	ENRICHED FRIED RICE	WHOLE WHEAT CRUST
Vegetable or Fruit	CELERY STICKS		STEAMED CORN	STIR FRY VEGGIES	RED APPLE WEDGES
Vegetable	DICED PEACHES	ORANGE WEDGES	TOSSED SALAD	HONEYDEW MELON	SLICED CUCUMBER
Fluid Milk	*MILK	*MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER					
Meat/Meat Alternate	ROASTED TURKEY SLICES	FISH FILET SANDWICH	ROTISSERIE CHICKEN	BEEF HOTDOG	PHILLY CHEESE STEAK
Whole Grain/Grain Alternate	ENRICHED CORN MUFFIN	WHOLE WHEAT BUN	WHOLE WHEAT ROLL	WHOLE WHEAT BUN	WHOLE WHEAT SUB ROLL
Vegetable or Fruit	BAKED CINNAMON APPLES	APRICOT HALVES	MIXED VEGETABLES	BAKED BEANS	FRUIT COCKTAIL
Vegetable	GREEN BEANS	SWEET PEAS	SUMMER SQUASH	TRI COLOR COLESLAW	BAKED FRENCH FRIES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<p>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</p>					

*** One whole grain must be served at one of the approved meals. Check Whole Grain Meal.**

	Monday 6/14/21	Tuesday 6/15/21	Wednesday 6/16/21	Thursday 6/17/21	<input type="checkbox"/> Friday 6/18/21
AM SNACK					
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	LOWFAT GREEK YOGURT	STRING CHEESE	RED PEPPER HUMMUS	BEAN & CHEESE QUESADILLA
Whole Grain/Grain Alternate	MIXED FRUIT	SLICED BANANA	ENRICHED CLUB CRACKERS	WHOLE WHEAT PITA CHIPS	WHOLE WHEAT TORTILLA
Vegetable or Fruit	WATER	WATER	WATER	WATER	WATER
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate	BEEF HAMBURGER	MACARONI & CHEESE	CHICKEN TENDERS	TURKEY MEATBALL SUB	BAKED PORK CHOPS
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE WHEAT NOODLES	MULTI GRAIN ROLL	WHOLE GRAIN SUB ROLL	WHOLE GRAIN PASTA SALAD
Vegetable or Fruit	DICED PEARS	CANTALOUPE CHUNKS	WATERMELON	SLICED PEACHES	STEAMED ZUCHINI
Vegetable	BAKED BEANS	GREEN BEANS	BAKED FRENCH FRIES	TOSSED SALAD	APPLESAUCE
Fluid Milk	* MILK	*MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER					
Meat/Meat Alternate	SLICED TURKEY PANINI	BBQ PULLED PORK	<u>TERIYAKI PORK</u>	CHICKEN ALFREDO	FISH FILET
Whole Grain/Grain Alternate	WHOLE WHEAT PITA	WHOLE WHEAT BUN	ENRICHED RICE PILAF	WHOLE GRAIN PASTA	WHOLE WHEAT BUN
Vegetable or Fruit	GRAPE HALVES	PINEAPPLE RINGS	SLICED PEACHES	FRUIT COCKTAIL	HONEY DEW MELON
Vegetable	STEAMED CORN	COLESLAW	SUMMER SQUASH	STEAMED BROCCOLI	POTATO SALAD
Fluid Milk	* MILK	* MILK	*MILK	*MILK	*MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

*** One whole grain must be served at one of the approved meals. Check Whole Grain Meal.**

	<input type="checkbox"/> Monday 6/21/21	<input type="checkbox"/> Tuesday 6/22/21	<input type="checkbox"/> Wednesday 6/23/21	<input type="checkbox"/> Thursday 6/24/21	<input type="checkbox"/> Friday 6/25/21
AM SNACK					
Meat/Meat Alternate	LOWFAT YOGURT	WHOLE GRAIN CRACKERS	PEANUT / ALT/ SOY BUTTER	HAM & SWISS PINWHEELS	MULTI GRAIN CHEERIOS
Whole Grain/Grain Alternate	ENRICHED ANIMAL CRACKERS	CARROT STICKS	APPLE SLICES	WHOLE WHEAT TORTILLA	BANANA
Vegetable or Fruit	WATER	WATER	WATER	WATER	WATER
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate	BBQ PULLED PORK	SMOKED BEEF SAUSAGE	ROASTED TURKEY ROLLUP	BEEF & CHEESE LASAGNA	GRILLED CHEESE
Whole Grain/Grain Alternate	WHOLE WHEAT TOAST	KIDNEY BEANS & BROWN RICE	WHOLE WHEAT TORTILLA	WHOLE WHEAT BREADSTICK	WHOLE WHEAT SLICED BREAD
Vegetable or Fruit	MANDARIN ORANGES	CANTALOUPE CHUNKS	TROPICAL FRUIT SALAD	PINEAPPLE RINGS	CARROT STICKS
Vegetable	POTATO SALAD	* MILK	CELERY STICKS W/ DIP	EARLY PEAS	BLUEBERRY & STRAWBERRY MIX
Fluid Milk	* MILK		* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER					
Meat/Meat Alternate	BEAN & CHEESE NACHOS	CHICKEN SALAD	HOMEMADE MAC AND CHEESE	BAKED CHICKEN	FISH STICKS
Whole Grain/Grain Alternate	WHOLE GRAIN CHIPS	ENRICHED CROISSANT	ENRICHED CORN MUFFIN	WHOLE WHEAT ROLL	MULTI GRAIN BREAD
Vegetable or Fruit	MANGO CHUNKS	TATOR TOTS	FRUIT COCKTAIL	DICED PEARS	SLICED PEACHES
Vegetable	TOSSED SALAD	WATERMELON	SUMMER SQUASH	BROCCOLI W/ CHEESE	GREEN BEANS
Fluid Milk	* MILK	* MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<p><i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i></p>					

*** One whole grain must be served at one of the approved meals. Check Whole Grain Meal.**



Harvest of the month: Tomatoes

June 2021

	Monday 6/28/21	Tuesday 6/29/21	<input type="checkbox"/> Wednesday 6/30/21	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
AM SNACK					
Meat/Meat Alternate	ENRICHED RICE CAKE	WHOLE WHEAT PITA BREAD	WHOLE GRAIN TORTILLA CHIPS		
Whole Grain/Grain Alternate	MANDARIN ORANGES	RED PEPPER HUMMUS	CHUNKY VEGGIE SALSA		
Vegetable or Fruit	WATER	WATER	WATER		
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate	TERRIYAKI CHICKEN	TURKEY SLOPPY JOE	BEEF HOT DOG		
Whole Grain/Grain Alternate	ENRICHED FRIED RICE	WHOLE WHEAT BUN	WHOLE WHEAT BUN		
Vegetable or Fruit	PEAS & CARROTS	SLICED STARWBERRIES	BAKED BEANS		
Vegetable	PINEAPPLE CHUNKS	STEAMED CORN	FRENCH FRIES		
Fluid Milk	* MILK	*MILK	* MILK		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER					
Meat/Meat Alternate	BEEF SPAGHETTI	CHICKEN FAJITAS	TURKEY MEATBALLS		
Whole Grain/Grain Alternate	WHOLE GRAIN NOODLES	WHOLE WHEAT TORTILLA	WHOLE WHEAT ROLL		
Vegetable or Fruit	FRUIT COCKTAIL	WATERMELON CHUNKS	MASHED POTATOES		
Vegetable	TOSSES SALAD	PINTO BEANS	SUMMER SQUASH		
Fluid Milk	*MILK	* MILK	* MILK		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

*** One whole grain must be served at one of the approved meals. Check Whole Grain Meal.**