

	Monday	Tuesday 6/1/21	Wednesday 6/2/21	Thursday 6/3/21	Friday 6/4/21
BREAKFAST					
Whole Grain/Grain Alternate		WHOLE GRAIN CEREAL	WHOLE GRAIN WAFFLES	ENRICHED CREAM OF WHEAT	AVOCADO WHEAT TOAST
Vegetable or Fruit		BANANA	DICED STRAWBERRIES	FRESH BLUEBERRIES	PINEAPPLE CHUNKS
Fluid Milk		* MILK	* MILK	* MILK	* MILK
-		Whole Grain	Whole Grain	Whole Grain	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
		Whole Grain	Whole Grain	Whole Grain	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
-		Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING 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	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds a	re served Whole Milk. Two years old	d and older are served 1% or Fat	Free Milk. Milk substitutes must h	nave a medical statement.



	Monday 6/7/21	Tuesday 6/8/21	Wednesday 6/9/21	Thursday 6/10/21	Friday 6/11/21
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE WHEAT MINI BAGEL	ENRICHED BLUEBERRY MUFFIN	MULTI GRAIN TOAST	ENRICHED SAUSAGE BISCUIT	WHOLE WHEAT PANCAKE
egetable or Fruit	SLICED BANANA	PEAR HALVES	SLICED TOMATOES	TATOR TOTS	DICED PEACHES
fluid Milk	*MILK	*MILK	* MILK	* MILK	* MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH					
Neat/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	WHOLE WHEAT GARLIC TOAST	ENRICHED FRIED RICE	WHOLE WHEAT CRUST
/egetable or Fruit	CELERY STICKS	WITH BROCCOLI & TOMATOES	STEAMED CORN	STIR FRY VEGGIES	RED APPLE WEDGES
/egetable	DICED PEACHES	ORANGE WEDGES	TOSSED SALAD	HONEYDEW MELON	SLICED CUCUMBER
Fluid Milk	*MILK	*MILK	* MILK	* MILK	* MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
DINNER					
Neat/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
egetable or Fruit	BAKED CINNAMON APPLES	APRICOT HALVES	MIXED VEGETABLES	BAKED BEANS	FRUIT COCKTAIL
/egetable	GREEN BEANS	SWEET PEAS	SUMMER SQUASH	TRI COLOR COLESLAW	BAKED FRENCH FRIES
fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING 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
/egetable or Fruit	WATER	WATER	WATER	WATER	WATER
Fluid Milk					
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain



	Monday 6/14/21	Tuesday 6/15/21	Wednesday 6/16/21	Thursday 6/17/21	Friday 6/18/21
BREAKFAST		•		·	· · · ·
Whole Grain/Grain Alternate	MULTI GRAIN CHEERIOS	WHOLE WHEAT WAFFLES	ENRICHED SAUSAGE BISCUIT	WHEAT ENGLSIH MUFFIN	ENRICHED OATMEAL
Vegetable or Fruit	100% ORANGE JUICE	CINNAMON APPLESAUCE	DICED PEACHES	CANADIAN BACON	RASPBERRIES
Fluid Milk	*MILK	* MILK	* MILK	DICED PEARS	*MILK
				* MILK	
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	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
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
DINNER					
Meat/Meat Alternate	SLICED TURKEY PANINI	BBQ PULLED PORK	TERIYAKI PORK	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
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING 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	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are se	rved Whole Milk. Two years old a	and older are served 1% or Fat F	ree Milk. Milk substitutes must ha	ave a medical statement.



	Monday 6/21/21	Tuesday 6/22/21	Wednesday 6/23/21	Thursday 6/24/21	Friday 6/25/21
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE WHEAT PANCAKES	WHOLE WHEAT MINI BAGEL	WHOLE GRAIN CEREAL	WHOLE WHEAT WAFFLE STICKS	SCRAMBLED EGGS
Vegetable or Fruit	APRICOT HALVES	PEANUT/SOY BUTTER	100 % MIXED BERRY JUICE	APPLESAUCE	ROASTED POTATO WEDGES
Fluid Milk	* MILK	SLICED BANANA	* MILK	*MILK	* MILK
		* MILK			
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	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
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	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
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING 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	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain



	Monday 6/28/21	Tuesday 6/29/21	Wednesday 6/30/21	Thursday	Friday
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE GRAIN CEREAL	LOWFAT YOGURT	ENRICHED GRTIS		
Vegetable or Fruit	ORANGE SLICES	BANANA	GRILLED PEACHES		
Fluid Milk	* MILK	* MILK	* MILK		
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	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		
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	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		
/egetable	TOSSES SALAD	PINTO BEANS	SUMMER SQUASH		
Fluid Milk	*MILK	* MILK	* MILK		
	Whole Grain	U Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING 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		
/egetable or Fruit	WATER	WATER	WATER		
Fluid Milk					
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are s	erved Whole Milk. Two years old	and older are served 1% or Fat F	ree Milk. Milk substitutes must	t have a medical statement.