



Harvest of the month: June 2023



				Thursday 6/1/23	Friday 6/2/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				WORLD MILK DAY! ENRICHED CREAM OF WHEAT FRESH BLUEBERRIES *MILK	WHOLE GRAIN CHEERIOS APRICOT HALVES *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				HAM AND GRILLED CHEESE WHOLE WHEAT BREAD GREEN APPLE SLICES SLICED CUCUMBERS *MILK	NATIONAL ROTISSERIE CHICKEN DAY ROTISSERIE CHICKEN WHOLE WHEAT ROLL TROPICAL FRUIT SALAD SUMMER SQUASH *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				WHOLE GRAIN CHIPS PICO DE GALLO/SALSA WATER	BANANA SUSHI ROLL SOY/NUT BUTTER WHOLE WHEAT TORTILLA BANANAS WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

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	Monday 6/5/23	Tuesday 6/6/23	Wednesday 6/7/23	Thursday 6/8/23	Friday 6/9/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN ENGLISH MUFFIN APRICOTS *MILK	WHOLE GRAIN FRENCH TOAST CINNAMON PEAR HALVES *MILK	WHOLE WHEAT WAFFLES WARMED PEACHES *MILK	ENRICHED SAUSAGE BISCUIT TATOR TOTS *MILK	WHOLE WHEAT PANCAKE CINNAMON APPLES *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL HONEYDEW MELON GRILLED TOMATOES *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL TROPICAL FRUIT SALAD MIXED VEGETABLES *MILK	HM BBQ CHICKEN PIZZA WHOLE WHEAT PIZZA CRUST PLUMS BAKED CAULIFLOWER * MILK	VEGGIE BURRITO REFRIED BEANS WHOLE WHEAT TORTILLA APPLE SLICES SWEET PEPPER STRIPS *MILK	BEEF STICKS WHOLE WHEAT CRACKERS BLUEBERRIES TRI COLOR COLESLAW *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT PIZZA WHOLE WHEAT BAGEL LOW FAT YOGURT STRAWBERRIES & BLUEBERRIES WATER	CHEDDAR CHEESE CUBES WHOLE GRAIN CHEX MIX WATER	FRUIT & VEGGIE CUPS ENRICHED PRETZEL STICKS CUCUMBER STICKS PINEAPPLE STICKS WATER	WHOLE GRAIN SUNCHIPS CHERRY TOMATO HALVES WATER	WHOLE GRAIN SUNCHIPS BROCOLLI & CHEESE SOUP WATER
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
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	Monday 6/12/23	Tuesday 6/13/23	Wednesday 6/14/23	Thursday 6/15/23	Friday 6/16/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MINI WHEAT BAGEL CANADIAN BACON APPLESAUCE *MILK	ENRICHED OATMEAL RASPBERRIES *MILK	SAUSAGE LINKS TATOR TOTS *MILK	<u>BREAKFAST ON A STICK</u> WHOLE WHEAT PANCAKES STRAWBERRIES *MILK	WHOLE GRAIN CHEERIOS ORANGE SMILES (SLICES) *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED FISH WHOLE GRAIN BROWN RICE SLICED GRAPES STEAMED BROCCOLI *MILK	SOUTHWEST CHICKEN QUESADILLA WHOLE WHEAT TORTILLA ORANGE SMILES (SLICES) CHUNKY SALSA *MILK	SAVORY TUNA SALAD WHOLE GRAIN PITA POCKETS SWEET PEAS SHREDDED CARROTS * MILK	GRILLED CHEDDAR CHEESE WHOLE WHEAT SLICED BREAD PINEAPPLE TIDBITS TOMATO BISQUE *MILK	FRESH VEGGIES DAY CHICKEN ALFREDO WHOLE GRAIN PASTA FRUIT COCKTAIL STEAMED BROCCOLI *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SUGAR SNAP PEAS CHEDDAR CHEESE SQUARES WATER	ROASTED SWEET POTATO STICKS WATERMELON SLICES WATER	CRISPY ROASTED CHICKPEAS WHOLE GRAIN CRACKERS WATER	CAPRESE BRUSCHETTA WHOLE WHEAT SANDWICH THINS FRESH TOMATOES MOZZARELLA CHEESE WATER	GARDEN PARTY PINWHEEL HUMMUS WHOLE GRAIN TORTILLA FRESH VEGGIES (ASSORTED) WATER
	<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
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
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	Monday 6/19/23	Tuesday 6/20/23	Wednesday 6/21/23	Thursday 6/22/23	Friday 6/23/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT FRENCH TOAST BANANAS *MILK	ENRICHED GRITS CHEESY TATOR TOTS *MILK	MULTI GRAIN WAFFLE APRICOTS *MILK	MULTIGRAIN CHEERIOS SLICED PEARS *MILK	WHOLE WHEAT TOAST AVOCADO & CHERRY TOMATOES *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FIESTA NACHOS PINTO BEANS ENRICHED NACHOS SALSA MINI CORN ON THE COB *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA GROOVY GRAPES CELERY & CARROTS *MILK	CURRIED CHICKEN SALAD ENRICHED PITA BREAD KIWI SLICES SWEET PEAS * MILK	FISH STICKS MULTI GRAIN BREAD SLICED PEACHES GREEN BEANS *MILK	LENTIL & BLACK BEAN WRAP WHOLE WHEAT TORTILLA GRILLED BELL PEPPERS FRUIT COCKTAIL *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS ROASTED HUMMUS DIP WATER	AVOCADO EGG SALAD SANDWICH EGGS WHOLE WHEAT TOAST AVOCADO WATER	NATIONAL SMOOTHIE DAY BERRY BLAST SMOOTHIE LOW FAT YOGURT MIXED BERRIES ENRICHED GRAHAM CRACKERS	BOILED EGG HALVES FRESH TOMATOES WATER	FRUIT & VEGGIE CUP WHOLE GRAIN SUNCHIPS CELERY & APPLE STICKS WATER
	<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
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
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	Monday 6/26/23	Tuesday 6/27/23	Wednesday 6/28/23	Thursday 6/29/23	Friday 6/30/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT DICED PEARS *MILK	WHOLE WHEAT PANCAKES BANANAS *MILK	ENRICHED GRITS APRICOT HALVES *MILK	WHOLE WHEAT BAGEL CITRUS FRUIT SALAD *MILK	ENRICHED KIX CEREAL BLUEBERRIES *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TERRIYAKI CHICKEN WHOLE WHEAT ROLL PINEAPPLE SLICES GARLIC BROCCOLI *MILK	HAM & CHEESE SLIDERS WHOLE WHEAT HAWAIIAN ROLL RASPBERRIES COLE SLAW *MILK	CHEF SALAD W/RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREADSTICKS ORANGE SMILES CUCUMBERS * MILK	STEAK FINGERS WHOLE WHEAT SLIDER BUN SAUTEED GREEN BEANS MASHED POTATOES *MILK	GRILLED EXTRA CHEESE & TOMATO WHOLE WHEAT BREAD SLICED KIWI PEAS & CARROTS *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HUMMUS & CUCUMBER SANDWICH HUMMUS WHOLE WHEAT BREAD CUCUMBERS WATER	WHOLE WHEAT GOLDFISH TOMATO BISQUE SOUP WATER	WHOLE WHEAT CHEX 100% BERRY JUICE	ENRICHED GRAHAM CRACKERS RASPBERRIES WATER	WHOLE GRAIN PITA BREAD TOMATO AND CUCUMBER SALAD WATER
	<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
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
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