



Jun-25

	Monday 6/2/25	Tuesday 6/3/25	Wednesday 6/4/25	Thursday 6/5/25	Friday 6/6/25
BREAKFAST	FRUIT PANCAKE TACOS	NATIONAL EGG DAY	•	•	
Whole Grain/Grain Alternate	PANCAKES	SCRAMBLED EGGS W/CHEESE TOAST	SAUSAGE BISCUIT	CREAM OF WHEAT	MINI BAGEL
Vegetable or Fruit	BANANAS & BLUEBERRIES	STRAWBERRIES	PINEAPPLE TIDBITS	BLACKBERRIES	TROPICAL FRUIT SALAD
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	🗌 Whole Grain	Whole Grain	Whole Grain	Whole Grain	🗌 Whole Grain
AM SNACK					
Meat/Meat Alternate	LOW FAT YOGURT	ENRICHED OTAMEAL	ENGLISH MUFFIN	GRITS	CHEERIOS
Whole Grain/Grain Alternate	FRENCH TOAST	RASPBERRIES	PLUMS	WARM PEACHES	ORANGE SMILES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH	NATIONAL ROTISSERIE CHICKEN DAY		HEALTHY CHICKEN N WAFFLES	TRY A NEW VEGGIE DAY	
Meat/Meat Alternate	ROTISSERIE CHICKEN	FISH STICKS	WAFFLES	GROUND TURKEY	TUNA BAKE
Whole Grain/Grain Alternate	BROWN RICE	MULTI GRAIN BREAD	OVEN BAKED CHICKEN	HAMBURGER BREAD	ROTINI PASTA
Vegetable or Fruit	CANTALOUPE	SLICED GRAPES	HONEYDEW MELON	MIXED VEGETABLES	KIWI SLICES
Vegetable	CREAMY SPINACH	TOSSED SALAD	GREEN BEANS	LEMON GARLIC ARTICHOKES	YELLOW SQUASH
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	Whole Grain	□ Whole Grain	□ Whole Grain	U Whole Grain	Whole Grain
PM SNACK		AVOCADO SANDWICH	FRUIT PIZZA		BANANA SUSHI ROLL
Meat/Meat Alternate	RICE CAKES	WHOLE WHEAT TOAST	(WG BAGEL, LF YOGURT)	CARROT STICKS	PEANUT/SOY/WOW/NUT BUTTER
Whole Grain/Grain Alternate	APRICOT HALVES	AVOCADO	PAPAYA & PEACHES	APPLE STRIPS	SOFT TORTILLA
Vegetable or Fruit					BANANA
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
DINNER	SHRIMP LINGUINI		NATIONAL CHEESE DAY		
Meat/Meat Alternate	BAKED SHRIMP	EXTRA CHEESE RAVIOLI	GRILLED EXTRA CHEESE & TOMATO	CHICKEN NUGGETS	FISH FILET SANDWICH
Whole Grain/Grain Alternate	LINGUINE PASTA	RAVIOLI PASTA	WHOLE GRAIN BREAD	WHOLE WHEAT ROLL	HAMBURGER BUN
Vegetable or Fruit	WATERMELON	ORANGES	SLICED KIWI	HONEY DEW MELON	STRAWBERRIES
Vegetable	BROCCOLI	BAKED ZUCCHINI	PEAS & CARROTS	FRENCH FRIES	BAKED ASPARAGUS
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	COTTAGE CHEESE	CUCUMBER STRIPS	ENRICHED PRETZELS	SALTINE CRACKERS
Whole Grain/Grain Alternate	PEAR SLICES	MANGO STRIPS	SESAME CRACKERS	100% PEAR JUICE	BLACK BEAN SOUP
Vegetable or Fruit			····		
Fluid Milk	WATER	WATER	WATER		WATER
TWO COMPONENTS	U Whole Grain	Whole Grain	Whole Grain	Whole Grain	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				
	The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				in was served.







	Monday 6/9/25	Tuesday 6/10/25	Wednesday 6/11/25	Thursday 6/12/25	Friday 6/13/25
	GO BANANAS OATMEAL RECIPE				
BREAKFAST	LINK				
Whole Grain/Grain Alternate	GO BANANAS! OATMEAL	MINI PANCAKES	CHEERIOS	SAUSAGE BISCUIT	SCRAMBLED EGGS
Vegetable or Fruit	APRICOTS	STRAWBERRIES	KIWI	HASHBROWNS	APPLES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	Whole Grain	□ Whole Grain	U Whole Grain	U Whole Grain	Whole Grain
AM SNACK					PIZZA PITA
Meat/Meat Alternate	WARM CROISSANT	PEANUT/SOY/ALMOND BUTTER	WAFFLES	CREAM OF WHEAT	FLATBREAD
Whole Grain/Grain Alternate	BLACKBERRIES	APPLE SLICES	PEACHES	RASPBERRIES	MOZZARELLA, PEPPERONI
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH			CORN ON THE COBB DAY		
Meat/Meat Alternate	RED BEAN CURRY	HOT HAM AND CHEESE	BEEF HAMBURGER	FISH STICKS	CHICKEN PARMESAN
Whole Grain/Grain Alternate	BROWN RICE	FRENCH BREAD	HAMBURGER BUN	RICE PILAF	SPAGHETTI NOODLES
Vegetable or Fruit	BLUEBERRIES	PINEAPPLE TIDBITS	SWEET POTATO FRIES	CREAMED SPINACH	PEARS
Vegetable	CABBAGE	DICED CUCUMBERS	MINI CORN ON THE COB	GRILLED TOMATOES	MIXED SALAD
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain
PM SNACK					WATERMELON POP RECIPE LIN
Meat/Meat Alternate	GOLDFISH	WHOLE GRAIN SUNCHIPS	RICE CAKE	SUGAR SNAP PEAS	ANIMAL CRACKERS
Whole Grain/Grain Alternate	APPLESAUCE	FRUIT SALAD	РАРАУА	CHEDDAR CHEESE CUBES	WATERMELON POP
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	🗌 Whole Grain	U Whole Grain	🗌 Whole Grain
DINNER				NATIONAL FRENCH FRIES DAY	
Meat/Meat Alternate	SOUTHWEST CHICKEN QUESADILLA	SAVORY TUNA SALAD	SALISBURY STEAK	BBQ CHICKEN TENDERS	GRILLED CHEDDAR CHEESE
Whole Grain/Grain Alternate	FLOUR TORTILLA	PITA POCKETS	BREADSTICK	MULTI GRAIN ROLL	WHEAT BREAD
Vegetable or Fruit	HONEYDEW MELON	SWEET PEAS	GREEN BEANS	BLACKBERRIES	PINEAPPLE TIDBITS
Vegetable	CHUNKY SALSA	ROASTED TOMATO BISQUE	DICED POTATOES	BAKED FRENCH FRIES	MIXED VEGETABLE SOUP
Fluid Milk	*MILK	* MILK	*MILK	* MILK	* MILK
	Whole Grain	🗌 Whole Grain	U Whole Grain	U Whole Grain	Whole Grain
EVENING SNACK					TRAIL MIX-UP
Meat/Meat Alternate	ENRICHED GRAHAM CRACKER	CHEEZ-ITS	ANIMAL CRACKERS	SESAME STICKS	WHEAT CHEX
Whole Grain/Grain Alternate	PEACH SMOOTHIE	CANTALOUPE	PLUMS	BABY CARROTS	RAISINS
Vegetable or Fruit					
	WATER	WATER	WATER	WATER	WATER
Fluid Milk					
Fluid Milk TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	Whole Grain			□ Whole Grain or Fat Free Milk. Milk substitutes mu	





Jun-25

	Monday 6/16/25	Tuesday 6/17/25	Wednesday 6/18/25	Thursday 6/19/25	Friday 6/20/25
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE WHEAT TOAST	ENRICHED GRITS	MULTI GRAIN WAFFLE	FRENCH TOAST	SAUSAGE BISCUIT
Vegetable or Fruit	AVOCADO & CHERRY TOMATOES	CHEESY TATER TOTS	APRICOTS	BANANAS	ROASTED POTATO WEDGES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	Whole Grain	U Whole Grain	🗌 Whole Grain	🗌 Whole Grain	Whole Grain
AM SNACK				FRUIT PIZZA	
Meat/Meat Alternate	ENGLISH MUFFIN	SAVORY TUNA SALAD	WHEAT THIN CRACKERS	MINI BAGEL	EGG SALAD SANDWICH
Whole Grain/Grain Alternate	PLUMS	ENRICHED CROISSANT	CUCUMBER STRIPS	BLUEBERRIES & PEACHES	WHEAT BREAD
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH	HAM PASTA SALAD			TRY A NEW VEGGIE DAY	
Meat/Meat Alternate	DICED HAM	ORANGE CHICKEN LO-MEIN	FISH STICKS	BBQ PULLED PORK	SLICED TURKEY PANINI
Whole Grain/Grain Alternate	ROTINI PASTA	LO-MEIN NOODLES	MULTI GRAIN BREAD	HAMBURGER BUN	WHOLE WHEAT PITA
Vegetable or Fruit	APPLES	KIWI SLICES	SLICED PEACHES	PINEAPPLE RINGS	GROOVY GRAPES
Vegetable	PEAS	BROCCOLI	SWEET POTATO FRIES	OVEN ROASTED BRUSSEL SPROUTS	CELERY & CARROTS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	□ Whole Grain	Whole Grain	Whole Grain	□ Whole Grain	Whole Grain
PM SNACK	FRESH VEGGIES DAY	CAPRESE BRUSCHETTA			BERRY BLAST SMOOTHIE
Meat/Meat Alternate	FRESH VEGGIES (ASSORTED)	SANDWICH THIN CRACKERS	GOLDFISH	CRISPY ROASTED CHICKPEAS	LOW FAT YOGURT
Whole Grain/Grain Alternate	(BROCCOLI, CARROT STICKS, ETC	FRESH TOMATOES	DICED PLUMS	APPLE SAUCE	MIXED BERRIES
Vegetable or Fruit	(HM) HUMMUS DIP	MOZZARELLA CHEESE			ENRICHED GRAHAM CRACKERS
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	☐ Whole Grain	Whole Grain	□ Whole Grain	Whole Grain
DINNER					
Meat/Meat Alternate	LENTIL TACOS	GRILLED PORK CHOPS	GRILLED CHEESE SANDWICH	ROASTED TURKEY WITH GRAVY	PHILLY CHEESE STEAK
Whole Grain/Grain Alternate	HARD & SOFT TACOS	WHOLE WHEAT ROLL	GRILLED WHEAT BREAD	BREADSTICKS	HOAGIE BREAD
Vegetable or Fruit	PEARS	FRUIT COCKTAIL	GRAPES	PEARS	FRENCH FRIES
Vegetable	KALE SALAD	GRILLED ZUCCHINNI	TOSSED SALAD	SWEET PEAS	BAKED BEANS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
EVENING SNACK					
Meat/Meat Alternate	MOZZARELLA CHEESE STICK	MULTI GRAIN CRACKERS	SUNCHIPS	CHEERIOS	RITZ CRACKERS
Whole Grain/Grain Alternate	TOMATO & CUCUMBER SALAD	SLICED HONEYDEW	WATERMELON FRIES	STRAWBERRIES	PEANUT/SOY/ALMOND BUTTER
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	U Whole Grain	U Whole Grain	U Whole Grain
	* One year olds are served Unflavon	ed Whole Milk. Two years old and old	ter are served unflavored 1% or Fat I	Free Milk. Milk substitutes must have	a medical statement. The
	Menu onl	y denotes the grain component serve	d for each day. Center is required to	indicate which meal a whole grain w	as served.





Georgia Nutritié Services		Harvest of th	e month: Tor	natoes 📈	Jun-25
	Monday 6/23/25	Tuesday 6/24/25	Wednesday 6/25/25	Thursday 6/26/25	Friday 6/27/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENGLISH MUFFIN APRICOTS *MILK	FRENCH TOAST CINNAMON PEAR HALVES *MILK	MINI WAFFLES WARMED PEACHES *MILK	CHICKEN BISCUIT BLUEBERRIES *MILK	CHEERIOS CINNAMON APPLES *MILK
	U Whole Grain	Whole Grain	U Whole Grain	🗌 Whole Grain	🗌 Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit	CREAM OF WHEAT SAUSAGE LINKS	TRISCUIT CRACKERS BOILED EGG HALVES	BANANA SPLIT PARTFAIT GRAHAM CRACKERS YOGURT BANANA	WHEAT CRACKERS STRAWBERRIES	QUAKER RICE CRISPS PLUM SALSA
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	🗌 Whole Grain	U Whole Grain	Whole Grain	Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN BURRITO WRAP DICED CHICKEN TORTILLA ORANGES BLACK BEAN SOUP *MILK	HOMEMADE CHEESE PIZZA PIZZA CRUST BLUEBERRIES TOSSED SALAD *MILK	GRILLED SHRIMP GRITS RASPBERRIES ROASTED CARROTS * MILK	HAM & CHEESE SLIDERS HAWAIIAN ROLL RASPBERRIES COLE SLAW *MILK	BREAKFAST BOWL SAUSAGE LINKS TOASTED BREAD RASPBERRIES TATER TOTS *MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit	FRUIT KABOB W/DIP LOW FAT YOGURT MIXED FRUIT (PEACHES,GRAPES,BANANA)	CHEESY BREAD ROASTED TOMATO BISQUE	SAVORY TUNA SALAD SALTINE CRACKERS	PITA BREAD TOMATO AND CUCUMBER SALAD	YOGURT ANIMAL CRACKERS
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	□ Whole Grain	□ Whole Grain	🗌 Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES WATERMELON STRIPS GREEN BEANS *MILK	BEEF STEW CORN BREAD GRAPES (CUT APPROPRIATELY) SUMMER SQUASH * MILK	TURKEY MEATBALLS SUB ROLL MASHED POTATOES MIXED VEGETABLES * MILK	HONEY CHICKEN FRIED RICE APPLE SLICES LITTLE TREES (BROCCOLI) *MILK Whole Grain	CRUNCHY FIESTA BEEF NACHOS NACHOS BLUEBERRIES REFRIED BEANS * MILK Whole Grain
EVENING SNACK		SPINACH HUMMUS RECIPE LINK			
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit	PRETZELS 100% APPLE JUICE	SPINACH HUMMUS RECIPE LINK SPINACH HUMMUS PITA CRACKERS	PEANUT/SOY/ALMOND BUTTER WHEAT BREAD	SALTINE CRACKERS CHICKEN NOODLE SOUP	EGG SALAD MINI BAGEL
Fluid Milk		WATER	WATER	WATER	WATER
TWO COMPONENTS	 Whole Grain * One year olds are served Unflavo 	□ Whole Grain ored Whole Milk. Two years old and	□ Whole Grain older are served unflavored 1% or F	□ Whole Grain at Free Milk. Milk substitutes must h	□ Whole Grain ave a medical statement. The Menu
	only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				







	Monday 6/30/25					
BREAKFAST						
Whole Grain/Grain Alternate	CHEERIOS					
Vegetable or Fruit	RASPBERRIES					
Fluid Milk	*MILK					
	Whole Grain					
AM SNACK						
Meat/Meat Alternate	ENGLSIH MUFFIN					
Whole Grain/Grain Alternate	DICED PEARS					
Vegetable or Fruit						
Fluid Milk	WATER					
TWO COMPONENTS	Whole Grain					
LUNCH						
Meat/Meat Alternate	HONEY HAM & CHEESE SANDWICH					
Whole Grain/Grain Alternate	CROISSANT					
Vegetable or Fruit	APRICOTS					
Vegetable	BABY CARROTS					
Fluid Milk	*MILK					
	Whole Grain					
PM SNACK						
Meat/Meat Alternate	BOILED EGG HALVES					
Whole Grain/Grain Alternate	KIWI					
Vegetable or Fruit						
Fluid Milk	WATER					
TWO COMPONENTS	Whole Grain					
DINNER Meat/Meat Alternate	BEEF MINI SLOPPY JOE					
Whole Grain/Grain Alternate	HAMBURGER BUN					
Vegetable or Fruit	FRENCH FRIES					
Vegetable	BAKED BEANS					
Fluid Milk	*MILK					
	Whole Grain					
EVENING SNACK						
Meat/Meat Alternate	ANIMAL CRACKERS					
Meat/Meat Alternate Whole Grain/Grain Alternate	CRUSHED PINEAPPLE					
Vegetable or Fruit	CROSHED FINEAFFE					
Fluid Milk	WATER					
TWO COMPONENTS	WALLA Whole Grain					
			and older are served unflavored 1%			
	The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.					