

June 2021 Snack and Lunch Menu

	1 Morning Snack: Diced Peaches English Muffins Lunch: Beans & Rice Sliced Carrots Mandarin Oranges Afternoon Snack: Whole Grain Crackers Cucumbers Evening Snack: Diced Peaches Wheat Thins	2 Morning Snack: Applesauce Banana Bread Squares Lunch: Chicken Top Ramen Mixed Veggies Tropical Fruit Afternoon Snack: Orange Juice Pretzels Evening Snack: Cheese Cubes Animal Crackers	3 Morning Snack: Yogurt & Granola Fresh Pears Lunch: Teriyaki Chicken & Rice Cabbage & Carrots Pineapple Tidbits Afternoon Snack: Cucumber Slices Pita Wedges & Hummus Evening Snack: Mandarin Oranges Rice Crackers	4 Morning Snack: Milk Blueberry Pancakes Lunch: Sloppy Joes on Bun Green Beans Grapes Afternoon Snack: Carrots & Dip W.W. Saltines Evening Snack: Pineapple Tidbits Cheez-Its
7 Morning Snack: Milk Chex Cereal Lunch: More (Pasta w/ tomato meat sauce & cheese) Green Beans Orange Smiles Afternoon Snack: Celery Sticks & Dip Pretzels Evening Snack: Applesauce Club Crackers	8 Morning Snack: Diced Peaches W.W. English Muffin Lunch: Lentils of Southwest Sliced carrots Pita Wedges Grapes Afternoon Snack: String Cheese Chips & Salsa Evening Snack: Tropical Fruit Cheez-Its	9 Morning Snack: Fresh Pears Bagel & Cream Cheese Lunch: Turkey & Cheese Sandwiches Mixed veggies Tropical Fruit Cocktail Afternoon Snack: Baby Carrots & Dip Rice Crackers Evening Snack: Whole-Grain Crackers Applesauce	10 Morning Snack: Yogurt & Granola Apple Slices Lunch: Chicken Curry w/Veggies&Rice Mandarin Oranges Afternoon Snack: Bananas Pita Wedges & Hummus Evening Snack: Baby Carrots & Dip Goldfish	11 Morning Snack: Applesauce Banana Muffin Lunch: Hot Dogs w/bun Cherry Tomatoes Grapes Afternoon Snack: Grape Juice Chex Mix Evening Snack: Diced Pears W.W. Saltines
14 Morning Snack: Milk Cheerios Lunch: Chicken Alfredo & Pasta Broccoli Bananas Afternoon Snack: Grape Tomatoes Rice Crackers Evening Snack: Raisins Gold Fish Crackers	15 Morning Snack: Apple Slices W.W. Toast Lunch: Chicken Quesadillas Corn Tropical Fruit Afternoon Snack: Cucumber Chips & Salsa Evening Snack: Mandarin Oranges Animal Crackers	16 Morning Snack: Tropical Fruit Cocktail Banana Muffin Lunch: Chili & Rice Cucumber Slices Grapes Afternoon Snack: Fruit Leather Pretzels Evening Snack: String Cheese W.W. Ritz Crackers	17 Morning Snack Yogurt & Granola Fresh Pears Lunch Pot stickers Stir Fry Vegetables Diced peaches Afternoon Snack Applesauce Wheat thins Evening Snack: Pineapple tidbits Club Crackers	18 Morning Snack: Milk Blueberry Pancakes Lunch: Fish Sticks Sweet Potato Fries Orange Smiles Afternoon Snack: Grape Tomatoes W.W. Saltines Evening Snack: Carrots & Dip Pita & Hummus
21 Morning Snack: Milk Chex Cereal Lunch: Spaghetti w/Tomato & Meat Sauce Sliced carrots Orange Smiles Afternoon Snack: Cucumber Bagels & Cream Cheese Evening Snack: Tropical Fruit Cocktail Cheez-Its	22 Morning Snack: Diced Pears W.W. English Muffin Lunch: Burritos Green Salad w/ Tomatoes Bananas Afternoon Snack: Whole-Grain Crackers Celery-Sticks & Dip Evening Snack: Diced Peaches Pretzels	23 Morning Snack: Milk W.W. Muffin Squares Lunch: Turkey & Cheese Sandwiches Vegetable soup Broccoli Tropical Fruit Afternoon Snack: Orange Juice W.W. Ritz Crackers Evening Snack: Baby Carrots with Dip Goldfish Crackers	24 Morning Snack: Yogurt & Granola Grapes Lunch: Fried Rice w/ Peas & Carrots Vegetarian Egg Rolls Pineapple Tidbits Afternoon Snack: Grape Tomatoes Pita Wedges & Hummus Evening Snack: Sliced Cucumbers Wheat Thins	25 Morning Snack: Milk Waffles Lunch: Cheese Pizza Wheels Normandy Veggies Grapes Afternoon Snack: Grape Juice Chex Mix Evening Snack: Raisins Club Crackers
28 Morning Snack: Milk Life Cereal Lunch: Macaroni & Cheese Snap Peas Orange Smiles Afternoon Snack: Apple Juice Chex Mix Evening Snack: Tropical Fruit Cocktail W.W. Saltines	29 Morning Snack: Diced Peaches W.W. Toast Lunch: Tacos Green Salad w/Tomatoes Fresh Pears Afternoon Snack: Cheese Cubes Chips & Salsa Evening Snack: Raisins W.W. Ritz Crackers	30 Morning Snack: Bananas Bagel & Cream Cheese Lunch: Tomato Soup Grilled Cheese Sand. Tropical Fruit Cocktail Afternoon Snack: Carrots & Dip Goldfish Evening Snack: Mandarin Oranges Pretzels	*1% Milk served with lunch *All snacks are vegetarian *Vegetarian options for all lunches *Water available at all times	

June 2021 Vegetarian Lunch Menu

	1 Lunch: Beans & Rice Sliced Carrots Mandarin Oranges	2 Lunch: Top Ramen w/ tofu Mixed Veggies Tropical Fruit	3 Lunch: Teriyaki Tofu & Rice Cabbage & Carrots Pineapple Tidbits	4 Lunch: Sloppy Joes (tofu crumbles w/tomato sauce on bun) Green Beans Grapes
7 Lunch: More (Pasta w/ tofu crumbles, tomato sauce & cheese) Green Beans Orange Smiles	8 Lunch: Sliced Carrots Pita Wedges Grapes	9 Lunch: Cheese Sandwiches Mixed veggies Tropical Fruit Cocktail	10 Lunch: Tofu Curry w/Veggies&Rice Mandarin Oranges	11 Lunch: Plant-based hot dog w/bun Cherry Tomatoes Grapes
14 Lunch: Tofu w/Alfredo sauce & Pasta Broccoli Bananas	15 Lunch: Cheese Quesadillas Corn Tropical Fruit	16 Lunch: Chili & Rice Cucumber Slices Grapes	17 Lunch: Tofu Pot stickers Stir Fry Vegetables Diced peaches	18 Lunch: Breaded cheese sticks Sweet Potato Fries Orange Smiles
21 Lunch: Spaghetti noodles with tofu crumbles & tomato sauce Sliced carrots Orange Smiles	22 Lunch: Bean Burritos Green Salad w/ Tomatoes Bananas	23 Lunch: Cheese Sandwiches Vegetable soup Broccoli	24 Lunch: Fried Rice w/ Peas & Carrots Vegetarian Egg Rolls Pineapple Tidbits	25 Lunch: Cheese Pizza Wheels Normandy Veggies Grapes
28 Lunch: Macaroni & Cheese Snap Peas Orange Smiles	29 Lunch: Tacos w/beans & cheese Green Salad w/Tomatoes Fresh Pears	30 Lunch: Tomato Soup Grilled Cheese Sand. Tropical Fruit Cocktail		