



# June 2023 Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				1 Fresh Whole Wheat Corn Muffin Cantaloupes 1% Low Fat Milk	2 Baked Turkey Bacon Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk
<b>Week 2</b>	5 French Toast Sticks with Syrup Mixed Fruit Cup 1% Low Fat Milk	6 Waffles with Syrup Oranges 1% Low Fat Milk	7 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	8 Whole Wheat Pancakes with Syrup Raspberries 1% Low Fat Milk	9 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
<b>Week 3</b>	12 Fresh Croissant Applesauce 1% Low Fat Milk	13 Bran Muffin Bananas 1% Low Fat Milk	14 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	15 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	16 Baked Turkey Bacon Whole Wheat Toast Watermelon 1% Low Fat Milk
<b>Week 4</b>		20 Waffles with Syrup Bananas 1% Low Fat Milk	21 Whole Wheat Pancakes with Syrup Kiwi 1% Low Fat Milk	22 Bran Muffin Strawberries 1% Low Fat Milk	23 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
<b>Week 5</b>	26 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	27 Corn Muffin Bananas 1% Low Fat Milk	28 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	29 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	30 Baked Turkey Bacon Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk



**\*MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS\* \*ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)\***

**100% FRESH FRUITS & VEGETABLES: BANANAS \* PINEAPPLE \* APPLES \* HONEYDEW \* TANGERINES \* BROCOLLI \* CARROTS \* ETC.**

**\*VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY\***





# June 2023 Vegetarian Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				1 Fresh Whole Wheat Corn Muffin Cantaloupes 1% Low Fat Milk	2 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk
<b>Week 2</b>	5 French Toast Sticks with Syrup Mixed Fruit Cup 1% Low Fat Milk	6 Waffles with Syrup Oranges 1% Low Fat Milk	7 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	8 Whole Wheat Pancakes with Syrup Raspberries 1% Low Fat Milk	9 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
<b>Week 3</b>	12 Fresh Croissant Applesauce 1% Low Fat Milk	13 Bran Muffin Bananas 1% Low Fat Milk	14 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	15 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	16 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Watermelon 1% Low Fat Milk
<b>Week 4</b>		20 Waffles with Syrup Bananas 1% Low Fat Milk	21 Whole Wheat Pancakes with Syrup Kiwi 1% Low Fat Milk	22 Bran Muffin Strawberries 1% Low Fat Milk	23 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
<b>Week 5</b>	26 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	27 Corn Muffin Bananas 1% Low Fat Milk	28 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	29 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	30 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk



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# June 2023 Lunch Menu



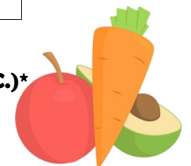
	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				1 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries Strawberries 1% Low Fat Milk	2 Jamaican Patties Salad/Pears Whole Wheat Roll 1% Low Fat Milk
<b>Week 2</b>	5 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk	6 Chicken Lo Mein String Beans Cantaloupe 1% Low Fat Milk	7 Toasted Whole Wheat Cheese Sandwich Spinach/Kiwi 1% Low Fat Milk	8 Yellow Rice Chicken Breast Mixed Vegetables Pineapple 1% Low Fat Milk	9 Jamaican Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
<b>Week 3</b>	12 Chicken Patties w/ Cheese Whole Wheat Bun Carrots Mixed Fruit Cups 1% Low Fat Milk	13 Chicken Tenders French Fries String Beans & Pears 1% Low Fat Milk	14 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	15 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	16 Turkey Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
<b>Week 4</b>		20 Baked Turkey with Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	21 Baked Chicken Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk	22 Chicken Patties w/ Cheese Whole Wheat Bun Mixed Vegetables Pineapples 1% Low Fat Milk	23 Fresh Cheese Pizza Corn Mixed Fruit Cup 1% Low Fat Milk
<b>Week 5</b>	26 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	27 Baked Chicken & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	28 Turkey Burger Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	29 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries & Strawberries 1% Low Fat Milk	30 Jamaican Patties Corn/Pears Whole Wheat Roll 1% Low Fat Milk



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**\*VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY\***





# June 2023 Vegetarian Lunch Menu



	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				1 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Strawberries 1% Low Fat Milk	2 Morningstar Farms® Garden Veggie Patties Salad/Pears Whole Wheat Roll 1% Low Fat Milk
<b>Week 2</b>	5 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk	6 Morningstar Farms® Chik'n Nuggets Lo Mein String Beans Cantaloupe 1% Low Fat Milk	7 Toasted Whole Wheat Cheese Sandwich Spinach/Kiwi 1% Low Fat Milk	8 Yellow Rice Morningstar Farms® Chik'n Nuggets Mixed Vegetables Pineapple 1% Low Fat Milk	9 Morningstar Farms® Garden Veggie Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
<b>Week 3</b>	12 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Carrots Mixed Fruit Cup 1% Low Fat Milk	13 Morningstar Farms® Chik'n Nuggets French Fries String Beans & Pears 1% Low Fat Milk	14 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	15 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	16 Tofu Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
<b>Week 4</b>		20 Morningstar Farms® Chik'n Nuggets w/ Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	21 BBQ Morningstar Farms® Chik'n Nuggets Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk	22 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Mixed Vegetables Pineapples 1% Low Fat Milk	23 Fresh Cheese Pizza Corn Mixed Fruit Cup 1% Low Fat Milk
<b>Week 5</b>	26 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	27 BBQ Morningstar Farms® Chik'n Nuggets & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	28 Gardenburger® Hamburger on a Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	29 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Strawberries 1% Low Fat Milk	30 Morningstar Farms® Garden Veggie Patties Corn/Pears Whole Wheat Roll 1% Low Fat Milk



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# June 2023 Snack Menu



	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				1 Whole Grain Cheez-Its Mixed Fruit Cup	2 Whole Grain Waffle Grahams 100% Orange Juice
<b>Week 2</b>	5 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	6 Vanilla Grahams Bananas	7 Graham Crackers Oranges	8 Whole Grain Cheez-Its Mixed Fruit Cup	9 Whole Grain Waffle Grahams Applesauce
<b>Week 3</b>	12 Whole Grain Animal Crackers 100% Apple Juice Apricot Halves*	13 W/G Pretzels & Cheese Cubes Oranges	14 Graham Crackers Bananas	15 Whole Grain Cheez-Its Mixed Fruit Cup	16 Whole Grain Waffle Grahams Sliced Peaches
<b>Week 4</b>		20 Vanilla Grahams Apple Juice	21 Whole Grain Waffle Grahams Applesauce	22 Whole Grain Cheez-Its Mixed Fruit Cup	23 Whole Grain Waffle Grahams 100% Apple Juice
<b>Week 5</b>	26 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	27 Saltine Crackers Cheese Cubes 100% Grape Juice	28 Graham Crackers 100% Orange Juice	29 Whole Grain Cheez-Its Mixed Fruit Cup	30 Whole Grain Waffle Grahams 100% Apple Juice



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***\*Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.***

