



June 2019



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

<p><u>3</u> Breakfast Corn Flakes Apple Wedges</p> <p><u>Lunch</u> Soynut Butter & Jelly on Whole Wheat Bread Carrot Sticks Pears</p> <p><u>Snack</u> Whole Grain Vegetable Crackers Melon</p>	<p><u>4</u> Breakfast Whole Grain French Toast Orange</p> <p><u>Taco Tuesday</u> Chicken Quesadillas on Wheat Tortilla w/ Lettuce Grape Halves</p> <p><u>Snack</u> Whole Wheat Graham Crackers Fruit Cup (in natural juice; no corn syrup)</p>	<p><u>5</u> Breakfast Whole Wheat Bagel Melon</p> <p><u>Lunch</u> Beef & Cheddar Macaroni Cauliflower Unsweetened Apple Sauce</p> <p><u>Snack</u> Whole Wheat Pretzels 100% Grape Juice</p>	<p><u>6</u> Breakfast Homemade Fruit Smoothie w/ Non-Fat Yogurt</p> <p><u>Brunch</u> Scrambled Eggs Oven Roasted Potatoes Whole Wheat Roll Orange Wedges</p> <p><u>Snack</u> Whole Wheat Pita Bread Hummus</p>	<p><u>7</u> Breakfast Whole Grain Cereal Cantaloupe</p> <p><u>Lunch</u> Pasta Salad w/ Mixed Veggies & Diced Chicken Apple Wedges</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>
<p><u>10</u> Breakfast Whole Grain Toasted O's Banana</p> <p><u>Lunch</u> Grilled Cheese on Whole Wheat Pita Bread with Colby Jack Cheese Fresh Broccoli Florets Fruit Cup (in natural syrup; no corn syrup)</p> <p><u>Snack</u> Whole Wheat Pretzels 100% Apple Juice</p>	<p><u>11</u> Breakfast Whole Grain Waffle Diced Peaches</p> <p><u>Taco Tuesday</u> Bean and Beef Burrito on Whole Wheat Tortilla Apple Wedges</p> <p><u>Snack</u> Mini Rice Cakes Banana</p>	<p><u>12</u> Breakfast Old Fashioned Oatmeal Strawberries</p> <p><u>Lunch</u> Whole Wheat Pasta w/ Chicken Mixed Vegetables Grape Halves</p> <p><u>Snack</u> Animal Crackers Oranges</p>	<p><u>13</u> Breakfast English Muffin Kiwi</p> <p><u>Lunch</u> Garden Salad w/ Chicken, Cucumbers, Garbanzo Beans and Carrots Whole Wheat Roll Unsweetened Apple Sauce</p> <p><u>Snack</u> Wheat Crackers Cheddar Crackers</p>	<p><u>14</u> Breakfast Homemade Fruit Smoothie w/ Fresh Fruit and Banana</p> <p><u>Lunch/Brunch</u> Scrambled Eggs Oven Baked Home Fries Whole Wheat Roll Orange Wedges</p> <p><u>Snack</u> Graham Crackers Apple Wedges</p>
<p><u>17</u> Breakfast Rice Krispies Banana</p> <p><u>Lunch</u> Soy Nut Butter and Jelly Sandwich on Whole Wheat Bread Carrot Sticks Oranges</p> <p><u>Snack</u> Whole Wheat Cinnamon Grahams Cantaloupe Cubes</p>	<p><u>18</u> Breakfast Multi-Grain Pancakes Strawberries</p> <p><u>Taco Tuesday</u> Soft Chicken Taco w/ Lettuce & Cheese Fresh Fruit</p> <p><u>Snack</u> Apple Wedges Whole Grain Sweet Potato Crisps</p>	<p><u>19</u> Breakfast Whole Wheat Bagel Orange Wedges</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Salad Grape Halves</p> <p><u>Snack</u> Whole Grain Goldfish 100% Apple Juice</p>	<p><u>20</u> Breakfast Non-Fat Yogurt Diced Peaches</p> <p><u>Lunch</u> BBQ Chicken Slider On Wheat Roll Oven Baked Sweet Potato Fries Pears</p> <p><u>Snack</u> Whole Grain Vegetable Crackers String Cheese</p>	<p><u>21</u> Breakfast Corn Flakes Banana</p> <p><u>Lunch</u> Whole Wheat Pasta w/ Ground Beef in a Vegetable Marinara Sauce Apple</p> <p><u>Snack</u> Whole Wheat Pretzels Unsweetened Apple Sauce</p>



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<p><u>24</u> <u>Breakfast</u> Corn Flakes Apple Wedges</p> <p><u>Lunch</u> Soynut Butter & Jelly on Whole Wheat Bread Carrot Sticks Pears</p> <p><u>Snack</u> Whole Grain Vegetable Crackers Melon</p>	<p><u>25</u> <u>Breakfast</u> Whole Grain French Toast Orange</p> <p><u>Taco Tuesday</u> Chicken Quesadillas on Wheat Tortilla w/ Lettuce Grape Halves</p> <p><u>Snack</u> Whole Wheat Graham Crackers Fruit Cup (in natural juice; no corn syrup)</p>	<p><u>26</u> <u>Breakfast</u> Whole Wheat Bagel Melon</p> <p><u>Lunch</u> Beef & Cheddar Macaroni Cauliflower Unsweetened Apple Sauce</p> <p><u>Snack</u> Whole Wheat Pretzels 100% Grape Juice</p>	<p><u>27</u> <u>Breakfast</u> Homemade Fruit Smoothie w/ Non-Fat Yogurt</p> <p><u>Brunch</u> Scrambled Eggs Oven Roasted Potatoes Whole Wheat Roll Orange Wedges</p> <p><u>Snack</u> Whole Wheat Pita Bread Hummus</p>	<p><u>28</u> <u>Breakfast</u> Whole Grain Cereal Cantaloupe</p> <p><u>Lunch</u> Pasta Salad w/ Mixed Veggies & Diced Chicken Apple Wedges</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages

*In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.
(Not all prohibited bases apply to all programs).*