



June 2019

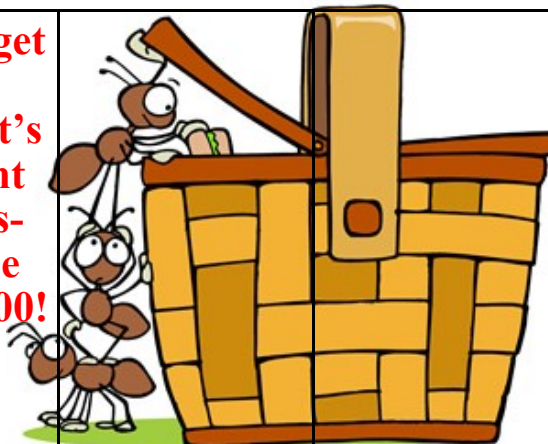


Care-a-lot
CHILD CARE
"Caring is at the heart of what we do!"

Watermelon & Cucumber Salad



Don't forget about Care-a-lot's Zoo Night on Thursday, June 27th at 6:00!



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<p><u>3</u> <u>Breakfast</u> Corn Flakes (2gof S) Tangerine</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Diced Pears</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>4</u> <u>Breakfast</u> Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Chicken with Veggies and Brown Rice Diced Peaches</p> <p><u>Snack</u> Grapes Goldfish Crackers</p>	<p><u>5</u> <u>Breakfast</u> Mini Quiche Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>6</u> <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Turkey & Gravy Mashed Potatoes Strawberries Whole Wheat Dinner Roll</p> <p><u>Snack</u> 1/2 Soynut Butter & Jelly Sandwich</p>	<p><u>7</u> <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p><u>10</u> <u>Breakfast</u> Rice Krispies Mandarin Orange</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>11</u> <u>Breakfast</u> Corn Bread Pineapple Tidbits</p> <p><u>Lunch</u> Turkey Sandwich Veggies Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Pita Cucumber Slices</p>	<p><u>12</u> <u>Breakfast</u> Homemade French Toast Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>13</u> <u>Breakfast</u> Pigs in a Blanket Banana</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soynut Butter & Rai- sins)</p>	<p><u>14</u> <u>Breakfast</u> Life Cereal Oranges</p> <p><u>Lunch</u> Make Your Own Sub Whole Wheat Roll Broccoli Tropical Fruit</p> <p><u>Snack</u> Watermelon Wheat Thins</p>

Ingredients

- 4 cups watermelon chunks
- 1 cucumber , peeled, seeded and sliced (about 1 1/2 cups)
- 1 tbsp extra-virgin olive oil
- 1 tbsp red wine vinegar
- pinch salt
- pinch black pepper
- 2 tbsp chopped toasted pistachios
- 1 tbsp chopped mint

Directions

Combine watermelon and cucumber in a serving bowl. Drizzle with olive oil, vinegar, salt and pepper and toss gently to combine. Sprinkle with pistachios and mint. Eat!



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<p>17 Breakfast Cheerios Pear Halves</p> <p>Lunch Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Pineapple Chunks</p> <p>Snack Salsa Corn Chips</p>	<p>18 Breakfast Whole Wheat Blue- berry Muffin Fresh Banana Slices</p> <p>Lunch Soy Butter & Jelly Sandwich Mixed Vegetables Fruit Cocktail</p> <p>Snack Apple Slices Pretzels</p>	<p>19 Breakfast Whole Wheat Pancakes Peaches</p> <p>Lunch Cheeseburger Macaroni Carrots Applesauce</p> <p>Snack Graham Crackers Yogurt</p>	<p>20 Breakfast Egg & Cheese on Whole Wheat Wrap Apricots</p> <p>Lunch Ham Sandwich Green Beans Strawberries</p> <p>Snack Animal Crackers Orange</p>	<p>21 Breakfast Whole Wheat English Muffin Cantaloupe</p> <p>Lunch Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p>Snack Ritz Crackers Cheese Cubes</p>
<p>24 Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p>25 Breakfast Wheat Toast Bananas</p> <p>Lunch Chicken w/ Brown Rice Veggies Applesauce</p> <p>Snack Strawberries Vanilla Yogurt</p>	<p>26 Breakfast Corn Bread Diced Peaches</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p>Snack Whole Wheat Gold- fish Watermelon</p>	<p>27 Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p>Lunch Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p>Snack Trail Mix Grapes</p> <p style="text-align: center;">ZOO NIGHT!</p>	<p>28 Breakfast Whole Wheat English Muffin Apple</p> <p>Lunch Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p>Snack Cheddar Cheese Wheat Crackers</p>

The Grouchy Ladybug Strawberry Snack



No need to be grouchy anymore! This easy and yummy strawberry snack is a great way to encourage fine-motor skills in little ones while enjoying the adventure of a rather ill-behaved little bug in Eric Carle's classic, *The Grouchy Ladybug*.

Ingredients

- 1 tablespoon mini chocolate chips
- 8 strawberries

Directions

Press mini chips into strawberries and enjoy with a friend.

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 2 and up
- Water is offered with snack
- This menu is subject to change



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