

4-Jun-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	English Muffins Peaches - GF 1 % Milk	HM WG Waffles Fruit Cocktail - GF 1 % Milk	Bagels w/Cream cheese Oranges - FF, GF 1 % Milk	WG Cream of Wheat Raisins - GF 1 % Milk	WG Cheese Toast Pears - GF 1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	HM Chicken Salad Spread WG Bun Pineapple - FF, GF Pickles - GF 1 % Milk	HM Spanish Rice (Ground Beef) (WG Brown Rice) Mandarin Oranges - GF (Tomatoes - GF)& Beets - GF 1 % Milk	WG Turkey Sandwich (WG Bread) Blueberries - FF, GF HM Sweet Potato Chips - FF, GF 1 % Milk	HM Bacon Ranch Pasta Salad WG Sea Shell Pasta (Tomato & Raisins) & Melon - FF, GF (Peas, Broccoli - FF, GF) 1 % Milk	HM Roast Beef Crackers Green Beans - FF, GF Mashed Potatoes - FF, GF 1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit • Meat or meat alternate 	WG Bread Tuna Spread	Goldfish Cucumber slices - FF, GF	Broccoli - FF, GF Cheese- GF	Strawberries - FF, GF Yogurt FF	Saltines Ham chunks

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.



Abbreviations and symbols:

FF = Fresh or frozen
 HM = Homemade

WG = Whole Grain
 GF = Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

11-Jun-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> Grain/Meat or meat Alternate Fruit or vegetable Milk 	WG Cinnamon Toast Raisins FF, GF 1 % Milk	HM WG French Toast Applesauce GF 1 % Milk	WG Grits Cantelope FF, GF 1 % Milk	Scrambled Eggs FF, GF Hashbrowns FF, GF 1 % Milk	Cereal Muskmelon FF, GF 1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> Meat or meat alternate Grain Fruit or vegetable Vegetable Milk 	HM WG Pepperoni & Cheese Pizza (WG Tortilla) Pears - GF Mixed Vegetables - FF, GF 1 % Milk	Baked Fish Saltines Green Beans - FF, GF Coleslaw - FF, GF 1 % Milk	HM Beef Spread WG Roll Apples - FF, GF Peas - FF, GF 1 % Milk	HM Tuna Casserole WG Noodles Pineapple - FF, GF (Peas & Celery - FF, GF) 1 % Milk	HM Grilled Cheese Rollup (WG Tortilla) Bananas - FF, GF Green Peppers - FF, GF 1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> Milk Grain Vegetable Fruit Meat or meat alternate 	Ritz Summer Sausage	Cheez-Its Celery - FF, GF	Peaches - GF Cottage Cheese - FF, GF	WG Chocolate Chip Bars Applesauce GF	Donuts for Dad Cinnamon Sugar Donut Holes Pita Chips HM Hummus-GF,FF

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18-Jun-18	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	<p>Yogurt w/ granola</p> <p>Strawberries - FF, GF</p> <p>1 % Milk</p>	<p>WG Oatmeal</p> <p>Craisins - FF, GF</p> <p>1 % Milk</p>	<p>HM Blueberry Muffins - FF</p> <p>Blueberries - FF, GF</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Apples - FF, GF</p> <p>1 % Milk</p>	<p>HM Sausage & Gravy over Biscuits</p> <p>Bananas - FF, GF</p> <p>1 % Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	<p>Kielbasa</p> <p>Saltines</p> <p>Grapes - FF, GF</p> <p>HM Sweet Potato Fries - FF, GF</p> <p>1 % Milk</p>	<p>Cheese Ravoli</p> <p>WG Bread Sticks</p> <p>Peaches - GF</p> <p>Corn - FF, GF</p> <p>1 % Milk</p>	<p>HM Ham Spread</p> <p>WG Bread</p> <p>Home Fries - FF, GF</p> <p>Carrots FF, GF</p> <p>1 % Milk</p>	<p>HM Beef Goulash</p> <p>WG Noodles</p> <p>Oranges- FF, GF</p> <p>Beets- GF</p> <p>1 % Milk</p>	<p>WG Chicken & Cheese Wrap (Tortilla)</p> <p>Watermelon - FF, GF</p> <p>Mixed Vegetables - FF, GF</p> <p>1 % Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit • Meat or meat alternate 	<p>Pretzels</p> <p>Carrots</p>	<p>Graham Crackers</p> <p>Strawberries - FF, GF</p>	<p>Snap peas</p> <p>Cheese - FF, GF</p>	<p>Animal Crackers</p> <p>Melon - FF, GF</p>	<p>Bagels</p> <p>Boiled eggs - FF, GF</p>

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25-Jun-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> Grain/Meat or meat Alternate Fruit or vegetable Milk 	WG Cereal Bananas - FF, GF 1 % Milk	HM Pancakes Strawberries - FF, GF 1 % Milk	WG Toast w/ jelly Grapes - FF, GF 1 % Milk	Cubed Ham Home Fries - FF, GF 1 % Milk	HM Banana Bread Apples - FF, GF 1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> Meat or meat alternate Grain Fruit or vegetable Vegetable Milk 	HM Chicken Pot Pie (WG Crust) Apples - FF, GF (Peas, Carrots - FF, GF) 1 % Milk	WG Ham & Cheese Sandwich (WG Roll) Oranges- FF, GF Pickles - GF 1 % Milk	WG Beef Sloppy Joes (WG Bun) Tater Tots Squash - FF, GF 1 % Milk	HM Macaroni & Cheese (WG Noodles) Pineapple - FF, GF Green Beans - FF, GF 1 % Milk	HM Roast Beef & Gravy over Bread (WG Bread) Pears - GF Zucchini - FF, GF 1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> Milk Grain Vegetable Fruit Meat or meat alternate 	Tortilla Wrap Pickles - GF	Saltines Bananas - FF, GF	WG Tortilla Chips Cheese FF, GF	Oyster crackers Turkey Cubes	WG Bread Sticks Spaghetti Sauce & Juice

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