



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider. Menu is subject to change due to supply shortage.



**June is National Dairy Month!** Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



French toast  
Sausage patty  
Fruit  
Juice  
Milk

1

Scrambled eggs  
Sausage gravy & biscuit  
Fruit  
Juice  
Milk

2

Mini cinni & cereal  
Grab and go  
Fruit cups  
Juice milk

3

Combo bar  
Yogurt and granola  
Banana bread  
Fruit  
Juice/Milk

6

Oatmeal  
Cinnamon toast  
Cheese cubes  
Fruit  
Juice/Milk

7

Scrambled eggs  
Diced ham  
Biscuit  
Fruit  
Juice/Milk

8

Waffles  
Sausage patty  
Fruit  
Juice  
Milk

9

Muffin and cereal  
Grab and go  
Fruit cup  
Juice  
Milk

10

Fried egg patty  
Sausage and cheese  
English muffin  
Fruit  
Juice/Milk

13

Cereal  
Churros  
Gogurt  
Fruit  
Juice/Milk

14

Breakfast pizza  
Pop tart  
Yogurt & granola  
Fruit  
Juice/Milk

15

Pancake on a stick  
Cheese cubes  
Mini bagels  
Fruit  
Juice/Milk

16

Chocolate croissant  
& Cereal grab and go  
Fruit cup  
Juice  
Milk

17

Sausage gravy & biscuit  
Yogurt & granola  
Fruit  
Juice  
Milk

20

Breakfast burrito  
Cheese cubes  
Fruit  
Juice  
Milk

21

Donuts  
Tornados  
Cheese cubes  
Fruit  
Juice/Milk

22

Mcgriddles  
Muffins  
Fruit  
Juice  
Milk

23

Muffin & cereal  
Grab and go  
Fruit cup  
Juice  
Milk

24

French toast  
Sausage link  
Gogurt  
Fruit  
Juice/Milk

27

Scrambled eggs  
Sausage patty  
Biscuit  
Fruit  
Juice/Milk

28

Combo bar  
Banana bread  
Yogurt & granola  
Fruit  
Juice/Milk

29

Cheese omelette  
Sausage patty  
Biscuit  
Fruit  
Juice/Milk

30



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## WEDNESDAY

## THURSDAY

## FRIDAY



Chicken fajita w/ salsa **1**  
Fajita blend  
Refried beans  
Fruit  
Milk

Corn dogs **2**  
Fries  
Carrots  
Fruit  
Milk

Chimichanga **3**  
Grab and go  
Fruit cup  
Milk

Chicken salad sandwich **6**  
Pickle spear  
Carroteenies  
Romaine/Tomato salad  
Fruit/Milk

Pulled pork on a **7**  
Hawaiian roll /pickle chips  
Baked beans  
Cole slaw  
Fruit/Milk

Orange Chicken **8**  
Peas  
Fries  
Fruit  
Milk

Salisbury steak **9**  
Brown rice and gravy  
Spinach  
Carrots  
Fruit/Milk

Beef and bean burrito **10**  
Grab and go  
Fruit cup  
Milk

Baked potato **13**  
Diced chicken  
Ranch beans  
Fruit  
Milk

Chicken caesar salad **14**  
Carrots  
Peas  
Fruit  
Milk

Tater tot casserole **15**  
Spinach  
Roll  
Fruit  
Milk

Chicken pot pie **16**  
Green beans  
Fruit  
Milk

Uncrustables **17**  
Grab and go  
Fruit cup  
Milk

Chicken parmesan **20**  
Romaine and tomato salad  
Green beans  
Fruit  
Milk

Little smokies **21**  
Mac'n'cheese  
Roll  
Corn  
Fruit/Milk

Chili cheese dogs **22**  
Broccoli w/cheese  
Peas  
Fruit  
Milk

Cold cut sandwich **23**  
Carrots  
Spinach  
Fruit  
Milk

Mac'n'cheese **24**  
Grab and go  
Fruit cup  
Milk

Frito chili pie w/salsa **27**  
Carrots  
Fruit  
Milk

Chicken spaghetti **28**  
Spinach  
Corn  
Fruit  
Milk

Tacos w/salsa **29**  
Cauliflower w/cheese  
Fruit  
Milk

Chicken w/gravy **30**  
Stuffing  
Roll  
Green beans  
Fruit/Milk