

June 2017 
Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: graham crackers & bananas L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: snack mix & fresh fruit	2 AM: Cereal & milk L: Turkey and cheese sandwiches on whole wheat, carrot sticks, oranges & milk PM: Cheese sticks & Club crackers
5 AM: French toast sticks and fresh fruit L: Roast chicken, rice, steamed broccoli & milk PM: Cheese slices & crackers	6 AM: Whole wheat toast & milk L: Macaroni and Cheese, green peas & milk PM: Fresh fruit & organic animal crackers	7 AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, fresh fruit & milk PM: Pretzels & raisins	8 AM: Fresh fruit & Graham crackers L: Chicken taquitos, refried beans, fresh fruit & milk PM: Goldfish crackers & raisins	9 AM: Toasted English muffin & milk L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Apples & snack mix
12 AM: Fresh fruit with organic animal crackers L: Turkey hot dog, french fries, oranges & milk PM: Cheese sticks & Ritz crackers	13 AM: Cereal & milk L: Vegetarian bean and cheese burritos, apples, milk PM: Unsweetened applesauce and graham crackers	14 AM: L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Pretzels & oranges	15 AM: Cereal & milk L: Fish sticks, rice pilaf, fresh fruit & milk PM: Snack mix & fresh fruit	16 AM: Animal Crackers, fruit L: Turkey and cheese sandwiches on whole wheat, carrot sticks, oranges & milk PM: Cheese slices & crackers
19 AM: Fresh fruit with organic animal crackers L: Roasted chicken, mashed potatoes w/ gravy, mixed veggies & milk PM: String cheese & pretzels	20 AM: Toasted bagels and sliced apples L: Pasta with marinara sauce, mixed veggies & milk PM: Cheez-It crackers & raisins	21 AM: Quaker cereal bar & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Fresh fruit & organic animal crackers	22 AM: Fresh fruit & Graham crackers L: Macaroni and Cheese, green peas & milk PM: Goldfish crackers & raisins	23 AM: French toast sticks & milk L: Cheese pizza, green beans, orange slices & milk PM: Unsweetened applesauce and graham crackers
26 AM: Quaker cereal bar & apples L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Organic animal crackers & milk	27 AM: Cereal & milk L: Turkey Sloppy Joes, fresh fruit, green beans & milk PM: Cheese sticks & Club crackers	28 AM: Lowfat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, fresh fruit & milk PM: Snack mix & fresh fruit	29 AM: Toasted English muffin & milk L: Cheese quesadilla, refried beans, fresh fruit & milk PM: Oranges & organic animal crackers	30 AM: Lowfat yogurt & fresh fruit L: Turkey slider on a roll, fresh fruit & milk PM: Cheese slices & crackers