

JUNE MENU

PRESCHOOL

MONDAY 6/3	TUESDAY 6/4	WEDNESDAY 6/5	THURSDAY 6/6	FRIDAY 6/7
<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>CFC Turkey Lunchable</i></p> <p>1 oz. DELI TURKEY ½ oz. AMERICAN CHEESE ½ oz. RITZ CRACKERS ½ C. CARROT STICKS w/ RANCH ¼ C. GREEN APPLES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. GOLDFISH ½ C. 100% JUICE</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.W. BAGEL w/CREAM CHEESE ½ C. GREEN APPLES 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Sloppy Joes</i></p> <p>½ oz. W.W. BUN 1 ½ oz. GROUND BEEF ½ C. GREEN SALAD ¼ C. PEARS 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. ANIMAL CRACKERS 6 oz. MILK</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL RAISINS & ½ C. TANGERINES 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Rosemary Chicken Tenders</i></p> <p>1 ½ oz. CHICKEN TENDERS ½ oz. W.W. ROLL ½ C. CORN ¼ C. RED APPLES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. W.W. PITA BREAD w/HUMMUS ½ C. CELERY STICKS</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. WAFFLES ½ C. BANANAS 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Taco Salad</i></p> <p>1 oz. GROUND BEEF/1/4 oz. BEANS 1/8 C. LETTUCE, 1/8 C. TOMATOES, 1/4 C. OLIVES 1 oz. TORTILLA CHIPS ¼ oz. SHREDDED CHEESE SALSA & SOUR CREAM ¼ C. TANGERINES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. M.G. CRACKERS ½ C. GRAPES</p>	<p>CFC CLOSED</p> <p>STAFF DEVELOPMENT</p>
MONDAY 6/10	TUESDAY 6/11	WEDNESDAY 6/12	THURSDAY 6/13	FRIDAY 6/14
<p align="center"><i>Summer Program Begins</i></p> <p align="center"><u>BREAKFAST</u></p> <p>½ oz. CORN FLAKES ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Ham & Cheese Sandwich</i></p> <p>½ oz. W.W. BREAD 1 oz. DELI HAM & ½ oz. CHEESE ¼ C. CELELRY w/ RANCH ¼ C. APPLESAUCE 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. CLUB CRACKER S ½ oz. CHEESE CUBES</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. NUTRIGRAIN BAR ½ C. ORANGES 6 oz. MILK</p> <p align="center"><u>LUNCH-Bistro</u></p> <p align="center"><i>Hamburgers</i></p> <p>1 oz. HAMBURGER ½ oz. AMERICAN CHEESE ½ oz. W.W. BUN ¼ C. LETTUCE & ¼ C. TOMATOES& ¼ C.PICKLES ¼ C. MELON 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. W.G. WHEAT THINS ½ oz. STRING CHEESE</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. GRAPES 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Chicken Stir Fry</i></p> <p>1 ½ oz. CHICKEN ½ oz. W.G. BROWN RICE ½ C. MIXED STIR FRY VEGETABLES ¼ C. PINEAPPLE CHUNKS 6oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>1 oz. VANILLA WAFERS ½ C. PEACHES</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. TOAST w butter & jelly ½ C. BANANAS 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Spaghetti</i></p> <p>1 ½ oz. GROUND BEEF ½ oz. PASTA ½ C. COOKED ZUCCHINI ¼ C. ORANGES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS ½ C. GREEN APPLES</p>	<p>PICNIC LUNCH FRIDAY</p> <p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL W/ ¼ C. RAISINS ¼ C. KIWI 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Turkey Sliders</i></p> <p>1 oz. DELI TURKEY ½ oz. SWISS CHEESE ½ C. CARROT STICKS w/RANCH ½ oz. HAWIIIAN ROLL ¼ C. TANGERINES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. GRAHAM CRACKERS 2 oz. YOGURT</p>

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

W.W.= WHOLE WHEAT

W.G.= WHOLE GRAIN

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

JUNE MENU

PRESCHOOL

MONDAY 6/17	TUESDAY 6/18	WEDNESDAY 6/19	THURSDAY 6/20	FRIDAY 6/21
<p><u>BREAKFAST</u> 1 oz. CORNFLAKES ½ C. PEACHES 6 oz. MILK</p> <p><u>LUNCH</u> <i>CFC Bento Box</i> 1 oz. RITZ CRACKERS ½ oz. CHEESE 1 oz. TURKEY 1/4 C. CHERRY TOMATOES 1/4 C. CUCUMBER SLICES ¼ C. PEACHES 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. W.W. PITA BREAD w/ HUMMUS ½ C. APPLES</p>	<p><u>BREAKFAST</u> ½ serv. NUTRIGRAIN BAR ½ c. ORANGES 6 oz. MILK</p> <p><u>LUNCH</u> <i>Italian Pasta Salad</i> 1oz. SALAMI ½ oz. PASTA ½ oz. AMERICAN CHEESE ½ C. BROCOLLI, OLIVES, COLORFULL BELL PEPPERS ¼ C. KIWI 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. M.G. CRACKERS 1 oz. STRING CHEESE</p>	<p>CFC CLOSED</p> <p>JUNETEENTH</p>	<p><u>BREAKFAST</u> ½ oz. OATMEAL w/RAISINS ½ C. TANGERINES 6 oz. MILK</p> <p><u>LUNCH</u> <i>Sweet & Sour Meatballs</i> 1 ½ oz. MEATBALLS ½ oz. W.G. BROWN RICE ½ C. STIR FRY VEGGIES ¼ C. BANANA 6 oz. MILK</p> <p><u>SNACK</u> ½ C. CORNY SALSA ½ oz. TORTILLA CHIPS</p>	<p><u>BREAKFAST</u> ½ oz. W.W.ENGLISH MUFFINS w/ CHEESE SLICE ½ C. RED APPLES 6 oz. MILK</p> <p><u>LUNCH-PICNIC</u> <i>Hot Dog</i> 1 ½ oz. HOT DOG ½ oz. BUN ½ C. POTATO SALAD ¼ C. WATERMELON 6 oz. MILK</p> <p><u>SNACK</u> <i>BANANAS ROLLED IN GRAHAM CRACKERS</i> ½ oz. GRAHAM CRACKERS ½ C. BANANAS</p>
MONDAY 6/24	TUESDAY 6/25	WEDNESDAY 6/26	THURSDAY 6/27	FRIDAY 6/28
<p><u>BREAKFAST</u> ½ oz. W.G. CHEERIOS ½ C. PEARS 6 oz. MILK</p> <p><u>LUNCH</u> <i>Ham Sandwich</i> 1 oz. HAM 1 oz. W.W. BREAD ½ oz. CHEESE SLICE ½ C. GREEN SALAD w/ DRESSING ¼ C. APPLES 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. CLUB CRACKERS 1 oz. CHEESE CUBES</p>	<p><u>BREAKFAST</u> ½ oz. MINI BAGELS w/ CREAM CHEESE ½ C. GRAPES 6 oz. MILK</p> <p><u>LUNCH</u> <i>Tuna Melt</i> ½ oz. ENGLISH MUFFIN 1 oz. TUNA & ½ oz. CHEESE ½ C. CELERY STICKS ¼ C. FRUIT COCKTAIL 6 oz. MILK</p> <p><u>SNACK</u> 1oz. GOLD FISH ¼ C. GRAPES</p>	<p><u>BREAKFAST</u> ½ oz. OATMEAL ½ C. TANGERINE/RAISINS 8 oz. MILK</p> <p><u>LUNCH</u> <i>Pepperoni Pizza Salad</i> ½ oz. PASTA ½ oz. MOZZERELLA 1oz. PEPPERONI ¼ C. RED & YELLOW BELL PEPPERS ¼ C. OLIVES ¼ C. ORANGES 6 oz. MILK</p> <p><u>SNACK</u> 2 oz. COTTAGE CHEESE ½ C. PEARS</p>	<p><u>BREAKFAST</u> ½ oz. SHREDDED WHEAT ½ C. BANANAS 6 oz. MILK</p> <p><u>LUNCH</u> <i>BBQ Chicken Tenders</i> 1 ½ oz. CHICKEN ½ C. TATER TOTS 1 oz. W.W. ROLL ¼ C. CINNAMON APPLESAUCE 6 oz. MILK</p> <p><u>SNACK</u> ½ C. CORNY SALSA ½ oz. TORTILLA CHIPS</p>	<p><u>BREAKFAST</u> 1oz. PANCAKE ½ C. BERRIES 8 oz. MILK</p> <p><u>LUNCH-PICNIC</u> <i>Hamburgers</i> ½ oz. W.W BUN 1 ½ oz. HAMBURGER ½ C. CORN ON THE COB ¼ C. CANTALOUPE 6 oz. MILK</p> <p><u>SNACK</u> ½ C. W.W. TOAST w/ GUACAMOLE ½ C. CHERRY TOMATOES</p>

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