

June

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> plain whole wheat bagel/cream cheese/fruit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble/fruit <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> zac omega bar blackberry /fruit (DF) <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese/fruit <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> banana muffin/fruit <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble/fruit <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> rf honey buttons cereal / mini dipper doodle/fruit (DF) <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> yogurt/granola/ fruit <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> string cheese/skeeter cinnamon grahams/fruit <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> cold bagel sandwich with turkey and cream cheese/fruit <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> blueberry muffin/fruit <p style="text-align: right;">15</p>	<p style="text-align: right;">16</p>
<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p>	<p style="text-align: right;">23</p>
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

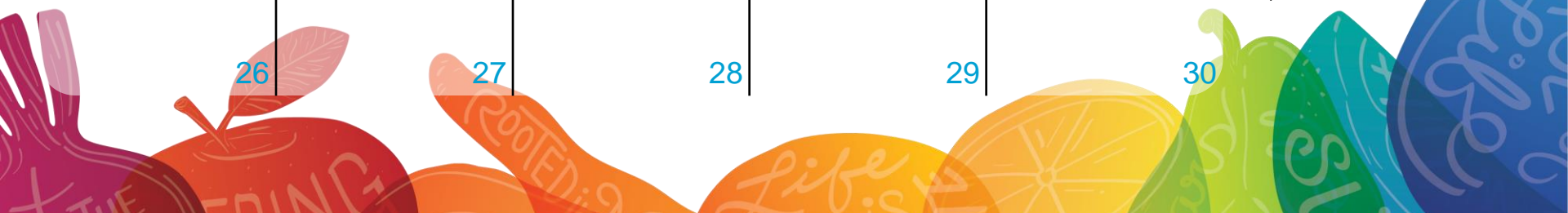
Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



June

LUNCH K-5

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • the revolution hot dog (DF) • southwest veggie wrap (VG) ○ blanched broccoli florets with ranch 	<ul style="list-style-type: none"> • honey mustard chicken wrap • cheese enchiladas (VG) ○ steamed corn
			1	2
<ul style="list-style-type: none"> • five cheese lasagna (VG) ○ green peas 	<ul style="list-style-type: none"> • mama's tamale (DF) • veggie chef's salad (VG) ○ baby carrots & edamame 	<ul style="list-style-type: none"> • honey mustard chicken wrap • breakfast for lunch: pancakes w/ omelet (VG) ○ green leaf lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • flame broiled beef cheeseburger • egg salad sandwich (VG) (DF) ○ chilled, seasoned green beans 	<ul style="list-style-type: none"> • chicken bites (DF) • sunny sandwich kit (sunbutter and jelly) (VG) ○ sweet potatoes
5	6	7	8	9
<ul style="list-style-type: none"> • chicken enchiladas • cheddar cheese sandwich (VG) ○ corn and jicama salad 	<ul style="list-style-type: none"> • chicken teriyaki with brown rice (DF) • veggie taco salad (VG) ○ pinto beans and broccoli 	<ul style="list-style-type: none"> • classic spaghetti and meatballs (DF) • southwest veggie wrap (VG) ○ sweet potatoes 	<ul style="list-style-type: none"> • the revolution hot dog (DF) • cheese pizza with a whole grain crust (VG) ○ shredded lettuce and sliced tomatoes with ranch 	
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Strawberries & Salad Greens Day

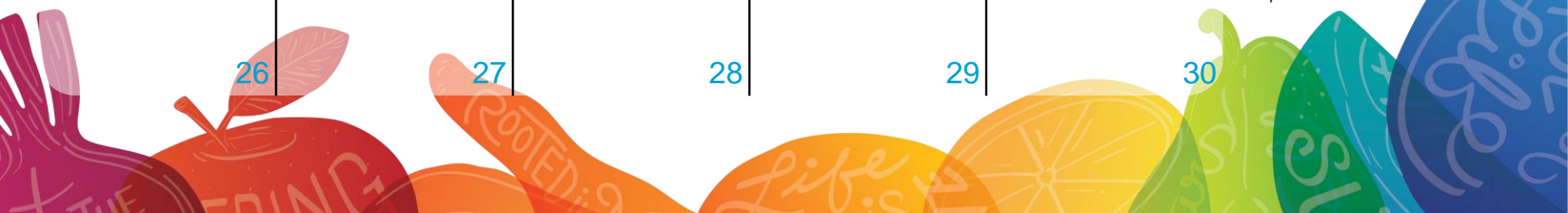
Participate in Strawberries & Salad Greens Day on June 7th! Join the celebration of locally-grown fruits and vegetables!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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June

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> southern bbq chicken sandwich southwest veggie wrap (VG) blanched broccoli florets with ranch <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> cheese enchiladas (VG) steamed corn <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> five cheese lasagna (VG) green peas <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> mama's tamale (red chile chicken) (DF) cheddar cheese sandwich (VG) pinto beans & diced carrots <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> turkey and cheddar sandwich breakfast for lunch: pancakes w/ omelet (VG) green leaf lettuce and sliced tomatoes <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger egg salad sandwich (VG) (DF) chilled, seasoned green beans <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> chicken bites (DF) sunny sandwich kit (sunbutter and jelly) (VG) sweet potatoes <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> chicken enchiladas cheddar cheese sandwich (VG) corn and jicama salad <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> chicken teriyaki with brown rice (DF) egg salad sandwich (VG) (DF) pinto beans & blanched broccoli florets <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> buffalo chicken crunchadilla southwest veggie wrap (VG) sweet potatoes <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese pizza with a whole grain crust (VG) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">15</p>	<p style="text-align: right;">16</p>
<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p>	<p style="text-align: right;">23</p>
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

Strawberries & Salad Greens Day

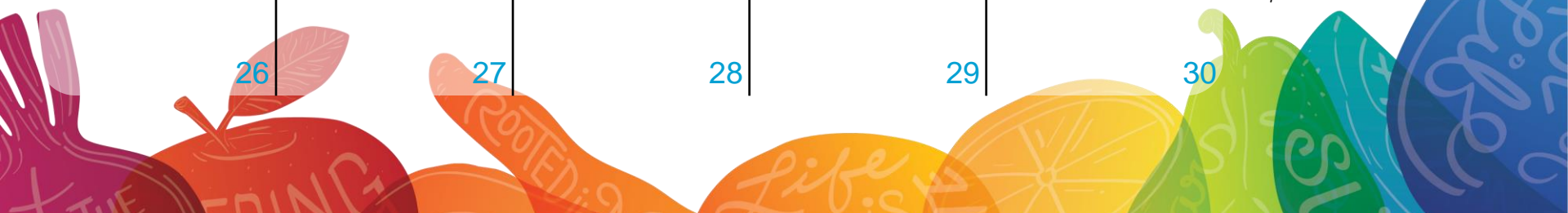
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o Vegetable of the day

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June

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> yogurt/fruit 	<ul style="list-style-type: none"> educational snacks/sunbutter
			1	2
<ul style="list-style-type: none"> granola/string cheese 	<ul style="list-style-type: none"> zac attack bar apple/fruit 	<ul style="list-style-type: none"> educational snacks/fruit 	<ul style="list-style-type: none"> goldfish cheese crackers/fruit 	<ul style="list-style-type: none"> yogurt/fruit
5	6	7	8	9
<ul style="list-style-type: none"> multigrain rumbles - salsa fresca/fruit 	<ul style="list-style-type: none"> goldfish cheese crackers/fruit yogurt/fruit 	<ul style="list-style-type: none"> string cheese/juice 	<ul style="list-style-type: none"> skeeter honey grahams/fruit 	
12	13	14	15	16
19	20	21	22	23
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Did You Know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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