



Menu June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Pattern						1
Minimum Quantities						
Fluid 1% milk 8 oz.	3 Chicken Taco Casserole Ground beef, pinto beans, cheese, corn chips, tomatoes, onions, pears, 1% milk	4 Black Bean Quinoa Skillet Black beans, quinoa, corn, tomato, cheese, peaches, 1% milk	5 Tortellini Salad Cheese tortellini, chicken, salami, sun dried tomatoes, olives, onions, spinach, wg roll, mixed fruit 1% milk	6 Chicken Caesar Wraps Chicken, romaine lettuce, ww tortilla, parmesan, chips, peaches, 1% milk	7 Jerk Chicken Chicken, brown rice, peppers, beans, mango, avocado, pineapple sauce, apples, 1% milk	8
Meat or Meat Alternative 2 oz. mm	10 Ham & Swiss Sandwiches WW bread, ham, swiss, lettuce, tomato applesauce, 1% milk	11 BBQ Chicken Chicken, potato salad, green beans, strawberries, wg roll, 1% milk	12 Quinoa Bean Bowls Quinoa, beans, avocado, onion, tomatoes, corn, cilantro, pears, 1% milk	13 Burrito Bowls Beans, brown rice, ground beef, tomatoes, onion, cheese, pears, 1% milk	14 Chicken Fried Rice Chicken, brown rice, egg, onions, peas, carrots, peaches, 1% milk	15
Vegetables 1/2 cup Fruits 1/2 cup	17 Spaghetti Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, pears, 1% milk	18 Garlic Chicken Chicken, garlic, onions, carrots, brown rice, mandarin oranges, 1% milk	19 Chicken BLT Wraps Chicken, lettuce, tomato, bacon, WG tortilla, chips, peaches, 1% milk	20 Stuffed Peppers Ground beef, brown rice, bell peppers, tomatoes, cheese, mixed fruit 1% milk	21 Garden Veggie Soup Carrots, onions, beans, corn, potatoes, green beans, garlic, kale, wg roll, applesauce, 1% milk	22
Grains 2 ounces 2 servings or 1 cup	24 Beef Stew Beef, potatoes, carrots, onions, wg roll, mixed fruit 1% milk	25 Tuna Sandwich Tuna, ww bread, garden salad, peaches, 1% milk	26 Pad Thai Chicken, noodles, peppers, onions, broccoli, wg roll, mandarins, 1% milk	27 Harissa Chicken Chicken, potatoes, leeks, onions, wg roll, mixed fruit, 1% milk	28 Taco Salad Ground turkey, lettuce, onions, tomatoes, corn chips, cheese, sour cream, guacamole, mixed fruit, 1% milk	29
<p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p>						