

Breakfast K-12

June 2023

MON

TUE

WED

THU

FRI

			1 Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice Or Cinnamon Bun Applesauce & 100% Orange Juice	2 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
5 Cinnamon Crips Bar Raisins & 100% Grape Juice	6 Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple Or French Toast w/Syrup Diced Pineapple & 100% Apple Juice	7 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice Or Apple Frudel Diced Peaches & 100% Grape Juice	8 Plain Bagel Cream Cheese Applesauce & 100% Orange Juice Or Waffles w/Syrup Applesauce & 100% Orange Juice	9 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
12 Multigrain Cheerios Graham Crackers Raisins & Applesauce	13 Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple Or Apple Frudel Diced Pineapple & 100% Apple Juice	14 Cinnamon Raisin Bagel Butter Raisins & Applesauce Or French Toast w/Syrup Diced Peaches & 100% Grape Juice	15 Honey Cheerios Graham Crackers Fresh Apple & 100% Orange Juice Or Cinnamon Bun Applesauce & 100% Orange Juice	16 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
19 Multi-Grain Frosted Flakes Graham Crackers Diced Peaches & 100% Grape Juice	20 Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple Or Apple Frudel Diced Pineapple & 100% Apple Juice	21 Banana Muffin Raisins & Applesauce Or Waffles Diced Peaches & 100% Grape Juice	22 Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice Or Cinnamon Bun Applesauce & 100% Orange Juice	23 Cinnamon Crips Bar Raisins & 100% Grape Juice
26 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	27 Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple Or Waffles w/Syrup Diced Pineapple & 100% Apple Juice	28 Honey Cheerios Graham Crackers Diced Peaches & 100% Grape Juice Or French Toast w/Syrup Diced Peaches & 100% Grape Juice	29 Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice Or Cinnamon Bun Applesauce & 100% Orange Juice	30 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice

Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



This institution is an equal opportunity provider.

Lunch K-8

June 2023

MON

TUE

WED

THU

FRI

5 Cheese Beef Burger w/
Ketchup
Or
Egg & Cheese Sandwich w/
Ketchup
and
Roasted Potatoes
Fresh Apple

6 Fajita Chicken
Brown Rice
Black Beans & Tomatoes
Or
Spanish Rice w/ Cheese &
Beans
Fresh Pear

7 Beef Meatballs w/ Tomato
Sauce & Parmesan Cheese
Broccoli
Or
Veggie Burger -Garden Side
Salad w/ Ranch
Fresh Apple

8 Cheese Raviolis
Green Beans
Or
Cobb Salad w/Pita Bread
Fresh Banana

9 French Bread Cheese Pizza
Or
Turkey & Cheese Sandwich
w/ Mayo
Baby Carrots w/ Ranch
Dressing
Fresh Apple

12 BBQ Beef Meatballs
Or
Pasta w/ Tomato Sauce &
Mozzarella Cheese
Broccoli
Fresh Apple

13 Turkey Hot Dog w/ Baked
Beans
Or
Spanish Rice w/ Cheese &
Beans
Fresh Pear

14 Chicken Tenders w/ Roasted
Potatoes
Or
Protein Pasta Alfredo
Peas
Fresh Apple

15 Cheese Lasagna w/ Tomato
Sauce
Green Beans
Or
Chicken Caesar Salad w/
Pita Bread
Fresh Banana

16 Cheese Pizza
Or
Chicken Breast Sandwich w/
Mayo
Baby Carrots w/ Ranch
Dressing
Fresh Apple

19 Chicken Nuggets w/ Baked
Beans
Or
Fajita Bites
Black Beans & Tomato
Fresh Apple

20 Homemade Macaroni &
Cheese
Or
Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
Broccoli
Fresh Pear

21 Beef Meatloaf w/ Gravy
Mashed Potatoes
Or
Veggie Burger w/ Ketchup
Roasted Potatoes
Fresh Apple

22 French Toast Sticks w/
Scrambled Eggs, Syrup
Roasted Sweet Potatoes
Or
Chicken Tamale
Refried Beans
Fresh Banana

23 French Bread Cheese Pizza
Or
Egg Salad Sandwich
Baby Carrots w/ Ranch
Dressing
Fresh Apple

26 Cheese Quesadilla w/ Sour
Cream
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
Roasted Potatoes
Fresh Apple

27 Chicken & Vegetable
Dumplings w/ Oriental
Vegetables
Or
Cheese Lasagna w/ Tomato
Sauce
Green Beans
Fresh Pear

28 BBQ Chicken w/ Baked Beans
Or
Chicken Marinara w/
Cheese
Fresh Apple

29 Stuffed Bread Sticks w/
Marinara Dipping Sauce &
100% Sun Splash Juice
Or
Turkey Fajita
Carrots
Fresh Banana

30 Cheese Pizza
Or
Chicken Salad Sandwich
Garden Side Salad w/ Ranch
Fresh Apple

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Snack K-12

June 2023

MON

TUE

WED

THU

FRI

5

Blueberry Muffin
100% Fruit Juice

6

Cheez-its
Baby Carrots w/ Ranch
Dressing

7

Pretzels
100% Orange Juice

8

String Cheese
Fresh Large Apple

9

Graham Crackers
100% Orange Juice

10

Pretzels
100% Orange Juice

11

Banana Muffin
100% Orange Juice

12

Tostito's Scoops
100% Fruit Juice

13

Graham Crackers
Non-Fat Strawberry
Yogurt

14

Pretzels
Fresh Large Apple

15

Corn Muffin
100% Orange Juice

16

Graham Crackers
100% Orange Juice

17

Pretzels
100% Orange Juice

18

Blueberry Muffin
String Cheese

19

Graham Crackers
String Cheese

20

String Cheese
Fresh Large Apple

21

Tostitos
100% Apple Juice

22

Pretzels
100% Orange Juice

23

Cheez-its
100% Fruit Juice

24

Corn Muffin
100% Orange Juice

25

Graham Crackers
100% Apple Juice

26

String Cheese
Fresh Large Apple

27

Pretzels
100% Orange Juice

28

Graham Crackers
100% Orange Juice

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