

Breakfast K-12

June 2023

MON

TUE

WED

THU

FRI

			1 Plain Bagel w/ Cream Cheese Apple Slices & 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 Apple Slices & 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 Apple Slices & 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 Apple Slices & 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 Apple Slices & 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 Apple Slices & 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 Apple Slices & 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

Locally Grown
Component Served
Daily


WHITSONS®
Prepared Meals

This institution is an equal opportunity provider.

Breakfast PSN

June 2023

MON

TUE

WED

THU

FRI

			1 4 oz Yogurt Apple Slices	2 Cheerios 100% Grape Juice
5 Multi-Grain Flakes 100% Grape Juice	6 4 oz Yogurt Apple Slices	7 Rice Chex 100% Apple Juice	8 Cinnamon Raisin Bagel Apple Slices	9 Banana Muffin 100% Fruit Juice
12 Blueberry Muffin 100% Fruit Juice	13 Multi-Grain Cheerios Apple Slices	14 Corn Muffin Fresh Apple	15 4 oz Yogurt Apple Slices	16 Cheerios 100% Grape Juice
19 Multi-Grain Frosted Flakes 100% Grape Juice	20 4 oz Yogurt Apple Slices	21 Rice Chex 100% Apple Juice	22 Cinnamon Raisin Bagel Apple Slices	23 Banana Muffin 100% Fruit Juice
26 Blueberry Muffin 100% Fruit Juice	27 Multi-Grain Cheerios 100% Orange Juice	28 Corn Muffin Fresh Apple	29 4 oz Yogurt 100% Orange Juice	30 Cheerios 100% Grape Juice

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Lunch K-8

June 2023

MON

TUE

WED

THU

FRI

			1 Stuffed Bread Sticks Marinara Dipping Sauce & 100% Sun Splash Juice Or Turkey Fajita Brown Rice Carrots Fresh Banana	2 Cheese Pizza Or Chicken Salad Sandwich with Garden Side Salad w/ Ranch Apple Slices
5 Cheese Beef Burger w/ Ketchup Or Egg & Cheese Sandwich w/ Ketchup and Roasted Potatoes Apple Slices	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 Apple Slices	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 Apple Slices
12 BBQ Beef Meatballs Or Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Apple Slices	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 Apple Slices	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 Apple Slices
19 Chicken Nuggets w/ Baked Beans Or Falfel Bites Black Beans & Tomato Apple Slices	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 Apple Slices	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 Apple Slices
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 Chickpea 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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Lunch PSN

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MON

TUE

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FRI

			<p>1 Chicken Strips w/ Honey Mustard Green Beans Or Home Style Macaroni & Low-Fat Cheese Broccoli Orange</p>	<p>2 Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Apple Slices</p>
<p>5 Beef Burger w/ Ketchup Green Beans Or Spanish Rice & Beans Plantains Apple Slices</p>	<p>6 Chicken Fingers w/ Ketchup Corn Or Falafel Nuggets Corn Orange</p>	<p>7 Chicken Alfredo Broccoli Or Home Style Macaroni & Low-Fat Cheese Broccoli Apple Slices</p>	<p>8 BBQ Chicken Sweet Mashed Potatoes Or Cheese Ravioli's with Tomato Sauce Italian Vegetables Pineapple Cup</p>	<p>9 Cheese Pizza Garden Salad w/ Ranch Dressing Apple Slices</p>
<p>12 Chicken Parmesan Green Beans Apple Or Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Apple Slices</p>	<p>13 Spanish Rice & Beans Plantains Orange</p>	<p>14 Salisbury Steak Roasted Potatoes Or Falafel Nuggets Corn Apple Slices</p>	<p>15 Caribbean Pineapple Chicken Carrots Or Home Style Macaroni & Low- Fat Cheese Broccoli Pear</p>	<p>16 Meatloaf w/ Gravy Mashed Potatoes Pear Or Cheese Pizza Garden Salad w/ Ranch Dressing Apple Slices</p>
<p>19 Turkey Fajita Corn Or Cheese Ravioli's with Tomato Sauce Italian Vegetables Apple Slices</p>	<p>20 Chicken Mole w/ Brown Rice Pilaf Green Peas Or Spanish Rice & Beans Plantains Pears</p>	<p>21 Chicken Fingers w/ Ketchup Corn Apple Or Falafel Nuggets Corn Apple Slices</p>	<p>22 Penne Beef Meat Sauce Or Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Pineapple Cup</p>	<p>23 Home Style Macaroni & Low- Fat Cheese Broccoli Apple Slices</p>
<p>26 Chicken Bites Roasted Potatoes Applesauce Or Falafel Nuggets Corn Applesauce</p>	<p>27 Beef Chili Mixed Vegetables Apple Or Spanish Rice & Beans Plantains Apple</p>	<p>28 Cheese Ravioli's with Tomato Sauce Italian Vegetables Pear</p>	<p>29 Chicken Strips w/ Honey Mustard Green Beans Or Home Style Macaroni & Low-Fat Cheese Broccoli Orange</p>	<p>30 Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables</p>

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Lunch 9-12

June 2023

MON

TUE

WED

THU

FRI

			1 Stuffed Bread Sticks Marinara Dipping Sauce & 100% Sun Splash Juice Or Turkey Fajita w/Brown Rice Carrots Diced Pineapple & Fresh Banana	2 Cheese Pizza Or Chicken Salad Sandwich Garden Side Salad w/ Ranch Apple Slices & Raisins
5 Cheese Beef Burger w/ Ketchup Roasted Potatoes Or Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Apple Slices & Fresh Orange	6 Fajita Chicken w/ Brown Rice Baked Beans Or Spanish Rice w/ Cheese & Beans Diced Peaches & Fresh Pear	7 Beef Meatballs w/ Tomato Sauce & Parmesan Cheese Broccoli Or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Apple Slices & Fresh Banana	8 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Or Cobb Salad Diced Pineapple & Fresh Banana	9 French Bread Cheese Pizza Baby Carrots w/ Ranch Dressing Or Turkey & Cheese Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Apple Slices & Raisins
12 BBQ Beef Meatballs Or Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Apple Slices & Fresh Orange	13 Turkey Hot Dog w/ Ketchup Baked Beans Or Spanish Rice w/ Cheese & Beans Diced Peaches & Fresh Pear	14 Chicken Tenders w/ Ketchup Roasted Potatoes Or Protein Pasta Alfredo Peas Apple Slices & Fresh Banana	15 Homemade Macaroni & Cheese Broccoli Or Chicken Caesar Salad Diced Pineapple & Fresh Banana	16 Cheese Pizza Or Chicken Breast Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Apple Slices & Raisins
19 Chicken Nuggets w/ Ketchup Baked Beans Or Falafel Bites w/ Lemon Sauce Black Beans & Tomato Apple Slices & Fresh Orange	20 Homemade Macaroni & Cheese Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese Broccoli Diced Peaches & Fresh Pear	21 Beef Meatloaf w/ Gravy Mashed Potatoes Or Veggie Burger w/ Ketchup Roasted Potatoes Apple Slices & Fresh Banana	22 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Or Chicken Tamale Spanish Brown Rice & Beans Diced Pineapple & Fresh Banana	23 French Bread Cheese Pizza Or Egg Salad Sandwich Baby Carrots w/ Ranch Dressing Apple Slices & Raisins
26 Cheese Quesdilla w/ Sour Cream Mexican Corn Salad Or Beef Salisbury w/ Gravy Mashed Potatoes Fresh Apple & Fresh Orange	27 Chicken & Vegetable Dumplings Oriental Vegetables Or Edamame Noodle Bowl Blended Vegetables Diced Peaches & Fresh Pear	28 BBQ Chicken Baked Beans Or Chickpea Marinara w/ Cheese Fresh Banana & Fresh Apple	29 Stuffed Bread Sticks Marinara Dipping Sauce & 100% Sun Splash Juice Or Turkey Fajita Brown Rice Carrots Diced Pineapple & Fresh Banana	30 Cheese Pizza Or Chicken Salad Sandwich Garden Side Salad w/ Ranch Fresh Apple & Raisins

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Snack K-12

June 2023

MON

TUE

WED

THU

FRI

			1 String Cheese Fresh Large Apple	2 Pretzels 100% Orange Juice
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
12 Banana Muffin 100% Orange Juice	13 Tostito's Scoops 100% Fruit Juice	14 Graham Crackers Non-Fat Strawberry Yogurt	15 Pretzels Fresh Large Apple	16 Corn Muffin 100% Orange Juice
19 Pretzels 100% Orange Juice	20 Graham Crackers 100% Fruit Juice	21 Blueberry Muffin String Cheese	22 Graham Crackers Fresh Large Apple	23 Tostitos 100% Apple Juice
26 Cheez-its 100% Fruit Juice	27 Corn Muffin 100% Orange Juice	28 Graham Crackers 100% Apple Juice	29 String Cheese Fresh Large Apple	30 Pretzels 100% Orange Juice

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Snack PSN

June 2023

MON

TUE

WED

THU

FRI

			1 Pretzels Fresh Pear	2 Corn Muffin Fresh Large Apple
5 Pretzels Hummus	6 Graham Crackers Fresh Large Apple	7 Blueberry Muffin Fresh Pear	8 Graham Crackers Non-Fat Strawberry Yogurt	9 Cheez-its Fresh Pear
12 Graham Crackers Non-Fat Strawberry Yogurt	13 Corn Muffin Fresh Large Apple	14 Cheez-its 100% Fruit Juice	15 Apple Muffin Fresh Pear	16 Pretzels Hummus
19 Blueberry Muffin Fresh Large Apple	20 Cheez-its Fresh Pear	21 Pretzels Hummus	22 Cheez-its Fresh Large Apple	23 Graham Crackers Non-Fat Strawberry Yogurt
26 Pretzels Sunbutter	27 Graham Crackers Non-Fat Strawberry Yogurt	28 Banana Muffin 100% Orange Juice	29 Pretzels Fresh Pear	30 Corn Muffin Fresh Large Apple

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Supper Grab&Go

June 2023

MON

TUE

WED

THU

FRI

			1 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Raisins	2 Turkey & Cheese Sandwich Sun Splash Veg Juice Fresh Orange Or Cheese Sandwich Sun Splash Juice Cupped Pineapple
5 Sunbutter & Jelly & String Cheese Baby Carrots Diced Peaches	6 Chicken Breast Baby Carrots Cupped Pineapple Or Cheese Sandwich Sun Splash Juice Cupped Pineapple	7 Build Your Pizza- Shredded Mozzarella Cheese Pita Bread Marinara Cup Fresh Orange	8 Chicken Salad Sandwich Garden Salad w/ Ranch Dressing Fresh Pear Or Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Raisins	9 Turkey-Ham & Cheese Sandwich Sun Splash Veg Juice Applesauce Or Strawberry Yogurt & Mozzarella String Cheese ,Granola Drops Baby Carrots Applesauce
12 Strawberry Yogurt & Mozzarella String Cheese Granola Drops Baby Carrots Applesauce	13 Egg Salad Sandwich Potato Salad Raisins Or Build Your Pizza- Shredded Mozzarella Cheese Pita Bread Marinara Cup Fresh Orange	14 Turkey-Bologna & Cheese Sandwich Baby Carrots Fresh Apple Or Sunbutter & Jelly & String Cheese Baby Carrots Diced Peaches	15 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Raisins	16 Turkey & Cheese Sandwich Sun Splash Veg Juice Fresh Orange Or Cheese Sandwich Sun Splash Juice Cupped Pineapple(
19 Sunbutter & Jelly & String Cheese Baby Carrots Diced Peaches	20 Chicken Breast Baby Carrots Cupped Pineapple Or Cheese Sandwich Sun Splash Juice Cupped Pineapple(21 Build Your Pizza- Shredded Mozzarella Cheese Pita Bread Marinara Cup Fresh Orange	22 Chicken Salad Sandwich Garden Salad w/ Ranch Dressing Fresh Pear Or Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Raisins	25 Turkey-Ham & Cheese Sandwich Sun Splash Veg Juice Applesauce Or Strawberry Yogurt & Mozzarella String Cheese Granola Drops Baby Carrots Applesauce
26 Strawberry Yogurt & Mozzarella String Cheese Granola Drops Baby Carrots Applesauce	27 Egg Salad Sandwich Potato Salad Raisins Or Build Your Pizza- Shredded Mozzarella Cheese Pita Bread Marinara Cup Fresh Orange	28 Turkey-Bologna & Cheese Sandwich Baby Carrots Fresh Apple Or Sunbutter & Jelly & String Cheese Baby Carrots Diced Peaches	29 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Raisins	30 Turkey & Cheese Sandwich Sun Splash Veg Juice Fresh Orange Or Cheese Sandwich Sun Splash Juice Cupped Pineapple

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Prepared Meals

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Supper Full Fresh

June 2023

MON

TUE

WED

THU

FRI

			1 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Orange	2 Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Pear
5 Beef Burger w/ Ketchup Green Beans Apple	6 Chicken Breast Baby Carrots Orange	7 Chicken Alfredo Broccoli Apple	8 Turkey & Cheese Sandwich Garden Salad w/ Ranch Dressing Pineapple Cup	9 Cheese Pizza Garden Salad w/ Ranch Dressing Apple
12 Chicken Parmesan Green Beans Apple	13 Hero Sandwich Potato Salad Orange	14 Salisbury Steak Roasted Potatoes Peach Cup	15 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Apple	16 Meatloaf w/ Gravy Mashed Potatoes Pear
19 Turkey Fajita w/ Brown Rice Corn Applesauce	20 Chicken Breast Baby Carrots Pears	21 Chicken Fingers w/ Ketchup Corn Apple	22 Turkey & Cheese Sandwich Garden Salad w/ Ranch Dressing Pineapple Cup	23 Home Style Macaroni & Low-Fat Cheese Broccoli Apple
26 Chicken Bites Roasted Potatoes Applesauce	27 Hero Sandwich Potato Salad Apple	28 Cheese Ravioli's with Tomato Sauce Italian Vegetables Pear	29 Mozzarella Cheese Sticks Honey Bagel w/ Butter Garden Salad w/ Ranch Dressing Orange	30 Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Pear

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