### June 2023

#### Breakfast Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>1 WW Muffin</td>
<td>1/2 pkg WG Mini French Toast</td>
<td>1/2c. Mixed Fruit Variety</td>
<td>3/4 c. Milk</td>
<td>NO CLASSES</td>
</tr>
<tr>
<td>1/2 c. Pears</td>
<td>1/2c. Sliced Apples</td>
<td>3/4 c. Milk</td>
<td>1 WG Waffle</td>
<td>1/2 c Blueberries</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2c. Pineapple</td>
<td>½ Bagel w/ Cream Cheese</td>
<td>1/2c. Sliced Apples</td>
<td>3/4c. Milk</td>
<td>1 oz. Turkey Sausage Patty</td>
</tr>
</tbody>
</table>

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</table>
| 5 Ham & Cheese Sandwich  
1 oz. Deli Ham, .75 oz. Sliced Cheese, 1 Slice WW Bread  
1/4 c. corn  
1/4c. strawberry  
3/4c. Non-Fat Milk | 6  
1/2c Teriyaki Chicken  
1/2c Brown Rice  
1/4c Str-Fry Vegetables  
1/4c Mandarin  
3/4c Non-Fat Milk | 7  
1c. Chicken Tomato Bake  
1/4c Mixed Fruit  
3/4c. Non-Fat Milk | 1  
1oz Salami, 3/4oz Tillamook cheese  
1 oz Wheat Thins  
1/4c Pears  
1/4c Cucumber  
3/4c Non-Fat Milk | 2  
NO CLASSES |
| 12 Turkey Sandwich on WG Bread  
1/4c  
1/4c Broccoli  
Ranch Dressing  
3/4c Non-Fat Milk | 13  
1/2c Citrus Chicken  
1/4c Cauliflower  
1/4c Apple  
1/2c Brown Rice  
3/4c Non Fat Milk | 14  
1/2ea Asian Chicken Wrap  
1/4c fruit  
3/4c Milk | 8  
1/4c Chicken  
1/2c Black Bean Salad  
1/4c Oranges  
3/4c Milk | 9  
NO CLASSES |
| 19 NO CLASSES | 20  
1oz. Roast Beef, .75 oz. sliced cheese, 1 slice WW Bread  
1/4 c. Mango  
1/4c. Oranges  
3/4c. Milk | 21  
Turkey Enchilada Casserole  
1/4c corn  
1/4 c. Pineapple  
3/4 c. Non-Fat Milk | 22  
3/4c “Three Sisters” Stew  
1/4c Apple  
3/4c Milk | 16– Make Up Day |
| 26 1ea Hamburger, WG Bun Ketchup  
1/4c Mixed Fruit  
1/4c Corn  
3/4c Milk | 27  
3/4c Asian Chicken and Broccoli  
1/4c Mango  
3/4c Milk | 28– Classroom E-Food  
WG Grilled Cheese  
1/4c Vegetable  
1/4c Applesauce  
3/4c Non Fat Milk | 29– Classroom E-Food  
WG Bean And Cheese Burrito  
1/4c Vegetable  
1/4c Pineapple  
3/4c Non Fat Milk | 30  
NO CLASSES |
| | | | | |

This institution is an equal opportunity provider ---- CN Labels/Recipes meet USDA/CACFP Minimum Requirements
## June 2023 Snack Menu

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td>5</td>
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<td>8</td>
<td></td>
</tr>
<tr>
<td>1oz WG Cherrios</td>
<td>1 Pkg. WG Rold-Gold Pretzels</td>
<td>1oz String Cheese</td>
<td>1oz Rice Chex</td>
<td>1/2c Milk</td>
</tr>
<tr>
<td>1/2c Milk</td>
<td>1/2c Applesauce</td>
<td>1/2oz Wheat Thins</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>1/2c Cucumber w/Ranch</td>
<td>1oz Shredded Mini Wheats</td>
<td>2oz Yogurt</td>
<td>1oz Rice Chex</td>
<td>1/2c Milk</td>
</tr>
<tr>
<td>1/2oz Cracker</td>
<td>1/2c Milk</td>
<td>1oz Granola</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>No Classes</td>
<td>1/4c Cottage Cheese</td>
<td>1oz String Cheese</td>
<td>1oz Variety Cereal</td>
<td>1/2c Milk</td>
</tr>
<tr>
<td></td>
<td>1oz granola</td>
<td>1/2c Apple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>2 slices Ham</td>
<td>1/2c Oranges</td>
<td>1oz Variety Cereal</td>
<td>1 Pkg. WG Rold-Gold Pretzels</td>
<td>1/2c Milk</td>
</tr>
<tr>
<td>1/2oz Goldfish Cracker</td>
<td>.75oz Cheddar Cheese</td>
<td>1/2c Milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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