



June Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (6:30 –9:00 am)	Cereal with Milk	Bagels with Cream Cheese	Plain yogurt with fresh fruit/maple syrup	Cereal with Milk	Bagels with Cream Cheese
AM Snack (10:15 am)	Apples/Pears with Crackers	Bananas or Cheese Stick/Animal crackers	Apples/Pears with Crackers	Bananas or Cheese Stick/Animal crackers	Watermelon Or Cheese stick
Lunch (12:15 pm)	Rice soup with chicken/turkey	ABC macaronii/vermishelli soup with chicken/turkey	Meatball soup with orzo	Buckwheat soup	Vegetable soup with pea and rice Or Macaroni soup with chicken/turkey
PM Snack (3:30 pm)	Bananas with Milk	Fresh Seasonal Fruit with Yogurt	Watermelon Or Cheese stick	Fresh Seasonal Fruit with Yogurt	Bananas with Milk
Dinner (5:45 pm)	Chicken and Turkey Roulade with Macaroni/Vermicelli Veggie Wrap	Porcupine Meatballs (Chicken with Rice) served with Fresh Veggies	Cutlets served with Buckwheat	Meatballs with spaghetti / orzo	Lazy cabbage with chicken/turkey