

No Peanuts or Tree Nuts are used in these menus



Lunch Menu June 2011

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| | | <p>1 <i>Make your Own</i> Beef & Bean Burrito <small>¼ c beef 1/8 c bean, ½ Tortilla</small> ¼ c Tossed Salad w lite ranch ¼ c Melon ¾ c Milk <i>V: Cheese & Bean Burrito</i></p> | <p>2 <i>Make Your Own Boat</i> ¼ c Tuna Fish ½ oz Cheddar Cheese Slice Hot Dog Roll ¼ c Fresh Steamed Carrot Sticks ¼ c Pear Slice life raft, ¾ c Milk <i>V: ¼ c Tuna Fish or WhiteBean Salad</i></p> | <p>3 Barbecue Chicken Leg ¼ c Macaroni Salad ¼ c Broccoli Salad ½ c Fresh Fruit Salad ¾ c Milk <i>Veg: 3 Chix Nugget</i></p> |
| <p>6 2 oz Hamburger w Ketchup Whole Wheat Bun ¼ c Steamed Carrots ½ Apple ¾ c Milk <i>Veg: Veggie Patty</i></p> | <p>7 ½ c Baked Cavatappi Pasta (3/8 c veal & chicken Marinara sauce) 1 Slice French Bread ¼ c Romaine Salad/Lite Italian ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: Baked Cavatappi/soy protein</i></p> | <p>8 CN 3 Fish Stix 1 WW Roll ¼ c Corn 2 Orange Wedges ¾ c Milk <i>Veg 3 Fish Stix alt Cheese Sandwich</i></p> | <p>9 <i>Make Your Own Taco Salad</i> ½ c White Chili <small>1 1/3 oz meat, ½ c Vegetable</small> 1/8 c Shredded Monterey Jack Cheese ½ oz Tortilla Chips ¼ c Shredded Romaine lettuce ¼ c Fresh Fruit Salad, ¾ c Milk <i>V: Vegetarian White Chili</i></p> | <p>10 ½ Chicken Stir Fry <small>1 ½ c Chicken ¼ c Oriental Vegetables</small> ¼ c Whole Grain Rice ¼ c Cantaloupe ¾ c Milk <i>Veg: Chix Strips Stir Fry</i></p> |
| <p>13 1 Stuffed Shells Tomato Basil Sauce <small>3/8 c cheese, ¼ c Pasta</small> 1 slice French Bread ¼ c Lemon Broccoli ½ Apple, ¾ c Milk <i>Veg: Stuff Shells</i></p> | <p>14 2 oz Asian Beef Spring Roll ½ sl. Chinese Garlic Bread Stick ¼ c Bibb Lettuce(for wrap) ¼ c Orange Sections ¾ c Milk <i>Veg: Soy Spring Roll</i></p> | <p>15 Chicken Parmesan ¼ c Whole Wheat Noodles ¼ c Baby Spinach Salad ¼ c Peaches ¾ c Milk <i>Veg: Chix Nuggets Parmesan</i></p> | <p>16 <i>Make Your Own Sub</i> 4 Meatballs 1 Hot Dog Roll ¼ c Romaine Salad Ranch Dressing ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 3 veggie meatballs</i></p> | <p>17 3/8 c Black Beans and Red Beets ¼ c Whole Grain Rice ¼ c Cucumber Salad ¼ c Melon ¾ c Milk <i>Veg Black Beans</i></p> |
| <p>20 2 oz Meatloaf & Gravy ½ slice Whole Grain Bread ¼ c Mashed Sweet Potatoes ¼ c Kiwi ¾ c Milk <i>Veg Veggie Patty</i></p> | <p>21 3oz Chicken Sand. /mustard spread 1 Wheat Roll ¼ c Romaine Salad, vinaigrette ¼ c Watermelon(1 slice) ¾ c Milk <i>Veg: Vegetarian Chicken Strips</i></p> | <p>22 <i>Fish Taco</i> 2 oz Codfish/Pico de Gallo 1 Whole Wheat Flour Tortilla ¼ c Broccoli salad ¼ c Diced Mango ¾ c Milk <i>Veg: Codfish Alt: Grilled Cheese</i></p> | <p>23 <i>Make Your Own Salad</i> CN 4 Chicken Nuggets 1 Flat Bread Wedge ¼ c Lettuce/carrot/cuke/tomato w lite Ranch ½ Apple ¾ c Milk <i>Veg 3 Chix Nuggets</i></p> | <p>24 ½ c Macaroni & Beef <small>1 ½ oz Beef, ½ oz bread alternate</small> ¼ c Baby Spinach w Poppy dressing ¼ c Melon ¾ c Milk <i>Veg Macaroni & Cheese</i></p> |
| <p>27 1 c Meat Lasagna <small>1 ½ oz Beef & Cheese, ¾ sl bread alt, ¼ c veg in lasag</small> 1 slice whole wheat French Bread ¼ c Steamed Broccoli ¼ c Mandarin Oranges, ¾ c Milk <i>Veg: Vegetarian Lasagna</i></p> | <p>28 2 oz Fish Slider 1 Mini Wheat Roll ¼ c Potato Salad ¼ Watermelon (1slice) ¾ c Milk <i>Veg: Fish Slider alt: Grilled Cheese</i></p> | <p>29 1 Oven Fried Chicken Leg ½ oz Corn Bread Wedge ¼ c Fresh Spring Peas ¼ c Pineapple ¾ c Milk <i>Veg 3 chix nuggets</i></p> | <p>30 <i>Make Your Own Joe</i> 3/8 c Turkey Sloppy Joe Whole Wheat Bun ¼ c Romaine Salad lite ranch ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: Soy protein Joe</i></p> | |

Head Start & USDA are equal opportunity providers and employers

Milk served to children >2 years is 1% or less. Milk served to children under 2 years is whole milk.

Please be aware Manufacturers do change their formulation and allergens may be present

Fresh Fruit to include seasonally available fruits such as apples, bananas, melons, oranges pears, pineapple, plums, strawberries.

M.R.Mallete, RD, CDM, CFPP 5-6-11