

# June

# BREAKFAST

Unitized K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>2</b> Banana Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	<b>3</b> Overnight Oatmeal with Strawberries (VG)  Mini Cornbread with String Cheese and Fresh Fruit (VG)
<b>6</b> Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>7</b> Blueberry Burst Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	<b>8</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Cinnamon Crumble with Fresh Fruit (VG)	<b>9</b> Yogurt with Educational Snacks and Fresh Fruit (VG)  Banana Muffin with Fresh Fruit (VG)	<b>10</b> Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)  Waffle with Syrup Packet and Fresh Fruit
<b>13</b> Whole Grain Cheerios with String Cheese and Fresh Fruit	<b>14</b> Vanilla Concha Bread with Fresh Fruit (VG)  Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)	<b>15</b> Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Lemon Muffin with Fresh Fruit (VG)	<b>16</b> French Toast Muffin with Fresh Fruit (VG)  Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)	<b>17</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Whole Grain Corn Chex with Educational Snacks and Fresh Fruit (VG)
<b>20</b> Cinnamon Grahams 1oz with String Cheese and Fresh Fruit (VG)	<b>21</b> Mini Cornbread with String Cheese and Fresh Fruit (VG)  Lemon Muffin with Fresh Fruit (VG)	<b>22</b> Whole Grain Cheerios with Giant Goldfish Cinnamon Grahams and Fresh Fruit (VG) (DF)  Strawberry Pancake Bowl (VG)	<b>23</b> Cinnamon Crumble with Fresh Fruit (VG)  Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)	<b>24</b> Autumn Spice Muffin with Fresh Fruit (VG)  Yogurt with Educational Snacks and Fresh Fruit (VG)
<b>27</b> Whole Grain Corn Chex with String Cheese and Fresh Fruit	<b>28</b> Vanilla Concha Bread with Fresh Fruit (VG)  Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)	<b>29</b> Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Cinnamon Crumble with Fresh Fruit (VG)	<b>30</b> Banana Muffin with Fresh Fruit (VG)  Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)	

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**

**Vegetarian (V)**

# June

# BREAKFAST

Unitized PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>2</b> Banana Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	<b>3</b> Overnight Oatmeal with Strawberries (VG)  Mini Cornbread with String Cheese and Fresh Fruit (VG)
<b>6</b> Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>7</b> Blueberry Burst Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	<b>8</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Cinnamon Crumble with Fresh Fruit (VG)	<b>9</b> Yogurt with Educational Snacks and Fresh Fruit (VG)  Banana Muffin with Fresh Fruit (VG)	<b>10</b> Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)  Waffle with Syrup Packet and Fresh Fruit
<b>13</b> Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	<b>14</b> Yogurt with Cinnamon Grahams and Fresh Fruit (VG)  Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)	<b>15</b> Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Lemon Muffin with Fresh Fruit (VG)	<b>16</b> French Toast Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG)	<b>17</b> Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Whole Grain Corn Chex with Educational Snacks and Fresh Fruit (VG)
<b>20</b> Cinnamon Grahams with String Cheese and Fresh Fruit (VG)	<b>21</b> Mini Cornbread with String Cheese and Fresh Fruit (VG)  Lemon Muffin with Fresh Fruit (VG)	<b>22</b> Whole Grain Cheerios with Giant Goldfish Cinnamon Grahams and Fresh Fruit (VG) (DF)  Strawberry Pancake Bowl (VG)	<b>23</b> Cinnamon Crumble with Fresh Fruit (VG)  Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>24</b> Autumn Spice Muffin with Fresh Fruit (VG)  Yogurt with Educational Snacks and Fresh Fruit (VG)
<b>27</b> Whole Grain Corn Chex with String Cheese and Fresh Fruit (VG)	<b>28</b> Yogurt with Cinnamon Grahams and Fresh Fruit (VG)  Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG)	<b>29</b> Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)  Cinnamon Crumble with Fresh Fruit (VG)	<b>30</b> Banana Muffin with Fresh Fruit (VG)  Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) (DF)	

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**Dairy-Free (DF)**

**Vegetarian (V)**

# June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Egg Salad Sub on Whole Grain Bun with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG) (DF)</b> <b>Turkey Pesto Wrap with Baby Carrots</b> <b>Chicken Enchiladas with Broccoli Florets</b> <b>Mac &amp; Cheese with Broccoli Florets (VG)</b>	<b>2</b> <b>Pesto Pasta Salad with Chicken and Grape Tomatoes</b> <b>Cheddar Cheese Sub Sandwich with Baby Carrots and Yogurt (VG)</b> <b>Chicken Mumbo with Not So Fried Rice and Diced Carrots (DF)</b> <b>Green Chili Cheese &amp; Bean Quesadilla with Diced Carrots (VG)</b>	<b>3</b> <b>Tuna Sandwich Kit with Garbanzo Beans (DF)</b> <b>Greek Chicken Flatbread with Garbanzo Beans, Ranch Dressing Packet and Baby Carrots</b> <b>Pizza Panada Pie with Cilantro Lime Pinto Beans (VG)</b> <b>Sweet Garlic Noodles with Chicken and Edamame</b>
<b>6</b> <b>Sunbutter and Grape Jelly Sandwich with Garbanzo Salad and String Cheese (VG)</b> <b>Egg Salad Sub on Whole Grain Bun with Garbanzo Beans (VG) (DF)</b> <b>Flame-Broiled Beef Burger with Falafel Tots (DF)</b> <b>Cheese Pizza with Falafel Tots (VG)</b>	<b>7</b> <b>Classic Turkey &amp; Cheddar Sandwich with Corn</b> <b>Honey Mustard Chicken Wrap with Corn (DF)</b> <b>Vegan Jamaican Calzoni with Corn (DF) (VG)</b> <b>Bean &amp; Cheese Burrito with Chili Citrus Steamed Corn (VG)</b>	<b>8</b> <b>Chillin Chinese Chicken Noodles with Cabbage and Sesame Vinaigrette Packet</b> <b>Cheese &amp; Taco Hummas Sandwich with Fresh Cucumber Slices (VG)</b> <b>The Revolution Hot Dog with Seasoned Green Beans (DF)</b> <b>Ranchero Chicken con Queso Rice Bake with Seasoned Black Beans</b>	<b>9</b> <b>Turkey Sandwich with Chopped Romaine Lettuce (DF)</b> <b>Cheddar Cheese Sub Sandwich with Lettuce and Tomato, Yogurt and Ranch Dressing Packet (VG)</b> <b>Chicken Parm Sandwich with Broccoli Florets</b> <b>Creamy Pasta Alfredo with Broccoli Florets and Yogurt (VG)</b>	<b>10</b> <b>Chicken Salad Sub Sandwich with Baby Carrots (DF)</b> <b>Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella and Baby Carrots</b> <b>Baked Mac &amp; Cheese and Chicken Bites Lunch Combo with Roasted Sweet Potatoes</b> <b>Five Cheese Lasagna with Honey Wheat Crackers and Coin Carrots (VG)</b>
<b>13</b> <b>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</b> <b>Turkey, Cheddar &amp; Guacamole Sandwich with Baby Carrots</b> <b>BBQ Beef Rib Sandwich with BBQ Sauce Packet, Baby Carrots (DF)</b> <b>Mozzarella Stuffed Breadsticks with Cup of Marinara Sauce (VG)</b>	<b>14</b> <b>Southwest Veggie Wrap with Corn and Ranch Dressing (VG)</b> <b>Egg Salad Sub on Whole Grain Bun with Carrots, Corn and Peas (VG) (DF)</b> <b>Chicken Tamale with Seasoned Rice and Corn (DF)</b> <b>Creamy Chicken &amp; Macaroni with Green Peas</b>	<b>15</b> <b>Chicken Salad Sub Sandwich with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG)</b> <b>Cheddar Cheese Sub Sandwich with Lettuce and Tomato, Yogurt and Ranch Dressing Packet (VG)</b> <b>The Revolution Hot Dog with Steamed Broccoli (DF)</b> <b>Spaghetti Marinara with Steamed Green Beans and String Cheese</b>	<b>16</b> <b>Egg Salad Sub on Whole Grain Bun with Garbanzo Beans (DF) (VG)</b> <b>Sunbutter and Grape Jelly Sandwich with Garbanzo Salad and String Cheese (VG)</b> <b>Chicken Corn Dog Bites with Cilantro Lime Pinto Beans</b> <b>Bean and Cheese Pupusa with Seasoned Black Beans (VG)</b>	<b>17</b> <b>Pesto Pasta Salad with Chicken and Grape Tomatoes</b> <b>Sesame Chicken Wrap with Cabbage and Sesame Vinaigrette Packet (DF)</b> <b>Chicken Taco Duo with Curtido Salad</b> <b>Cheese Pizza with Side Salad (VG)</b>
<b>20</b> <b>Chicken Salad Sub Sandwich with Garbanzos, Edamame and Shredded Carrots (DF)</b> <b>Sunbutter and Grape Jelly Sandwich with Garbanzo Salad and String Cheese (VG)</b> <b>Chicken Bites with Edamame and Savory Pizza Crackers (DF)</b> <b>Pizza Panada Pie with Cilantro Lime Pinto Beans (VG)</b>	<b>21</b> <b>Turkey Sandwich with Corn (DF)</b> <b>Egg Salad Sub on Whole Grain Bun with Carrots, Corn and Peas (DF) (VG)</b> <b>Cheese Tamale with Seasoned Rice and Corn (VG)</b> <b>Chicken Fajita Quesadilla with Steamed Garlic Lime Corn and Guacamole Cup</b>	<b>22</b> <b>Chillin Chinese Chicken Noodles with Cabbage and Sesame Vinaigrette Packet</b> <b>Honey Mustard Chicken Wrap with Lettuce and Tomato (DF)</b> <b>Hearty Veggie Chili and Seasoned Rice with Mini Cornbread and Baby Carrots (VG)</b> <b>Hot Meatball Sub with Broccoli Florets</b>	<b>23</b> <b>Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG)</b> <b>Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella and Baby Carrots</b> <b>Crispy Chicken Sandwich with Baby Carrots (DF)</b> <b>Classic Chicken Parm Pasta with Coin Carrots</b>	<b>24</b> <b>Greek Garbanzo Flatbread Sandwich with Lettuce and Tomato and Ranch Dressing Packet (VG)</b> <b>Turkey Pesto Wrap with Baby Carrots</b> <b>Pretzel Nacho Calzoni with Steamed Broccoli (VG)</b> <b>Flame-Broiled Beef Burger with Broccoli Florets (DF)</b>
<b>27</b> <b>Sunbutter and Grape Jelly Sandwich with Corn and String Cheese (VG)</b> <b>Chicken Salad Sub Sandwich with Carrots, Corn and Peas (DF)</b> <b>Chicken Teriyaki with Green Peas (DF)</b> <b>Cheese Enchiladas with Corn (VG)</b>	<b>28</b> <b>Turkey Sandwich with Baby Carrots (DF)</b> <b>Southwest Veggie Wrap with Chopped Romaine Lettuce and Ranch Dressing Packet (VG)</b> <b>Flame-Broiled Beef Cheeseburger with Baby Carrots</b> <b>Three Layer Dip with Tortilla Scoops Bag and Coin Carrots (VG)</b>	<b>29</b> <b>Egg Salad Sub on Whole Grain Bun with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG) (DF)</b> <b>Southwest Veggie Wrap with Chopped Romaine Lettuce and Ranch Dressing Packet (VG)</b> <b>Chicken Enchiladas with Broccoli Florets</b> <b>Mac &amp; Cheese with Broccoli Florets (VG)</b>	<b>30</b> <b>Pesto Pasta Salad with Chicken and Grape Tomatoes</b> <b>Cheddar Cheese Sub Sandwich with Baby Carrots and Yogurt (VG)</b> <b>Chicken Mumbo with Not So Fried Rice and Diced Carrots (DF)</b> <b>Green Chili Cheese &amp; Bean Quesadilla with Diced Carrots (VG)</b>	

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**Vegetable of the Day**

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available on request



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Egg Salad Sub on Whole Grain Bun with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG) (DF) Turkey Pesto Wrap with Chopped Romaine Lettuce Chicken Enchiladas with Broccoli Florets Mac & Cheese with Broccoli Florets (VG)	<b>2</b> Pesto Pasta Salad with Chicken and Fresh Cucumber Slices Cheddar Cheese Sub Sandwich with Fresh Cucumber Slices (VG) Chicken Mumbo with Not So Fried Rice and Diced Carrots (DF) Green Chili Cheese & Bean Quesadilla with Diced Carrots (VG)	<b>3</b> Tuna Sandwich Kit with Hummus (DF) Greek Chicken Flatbread with Garbanzo Beans, Ranch Dressing Packet and Baby Carrots Pizza Panada Pie with Cilantro Lime Pinto Beans (VG) Sweet Garlic Noodles with Chicken and Edamame
<b>6</b> Sunbutter, Jelly, Sliced Bread with Corn and String Cheese (VG) Egg Salad Sub on Whole Grain Bun with Hummus (VG) (DF) Flame-Broiled Beef Burger with Falafel Tots (DF) Cheese Pizza with Broccoli (VG)	<b>7</b> Classic Turkey & Cheddar Sandwich with Corn Honey Mustard Chicken Wrap (DF) Vegan Jamaican Calzoni with Corn (DF) (VG) Bean & Cheese Burrito with Chili Citrus Steamed Corn (VG)	<b>8</b> Chillin Chinese Chicken Noodles with Cabbage and Sesame Vinaigrette Packet Cheese & Taco Hummas Sandwich with Fresh Cucumber Slices (VG) Lone Star BBQ Chicken Sandwich with Steamed Carrots (DF) Ranchero Chicken con Queso Rice Bake with Seasoned Black Beans	<b>9</b> Turkey Sandwich with Chopped Romaine Lettuce (DF) Cheddar Cheese Sub Sandwich with Lettuce and Ranch Dressing Packet (VG) Crispy Chicken Sandwich with Diced Carrots (DF) Creamy Pasta Alfredo with Green Peas (VG)	<b>10</b> Chicken Salad Sub Sandwich with Carrots, Corn and Peas (DF) Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella and Diced Carrots Baked Mac & Cheese and Chicken Bites Lunch Combo with Roasted Sweet Potatoes Five Cheese Lasagna (VG)
<b>13</b> Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG) Classic Turkey & Cheddar Sandwich with Fresh Cucumber Slices BBQ Beef Rib Sandwich with BBQ Sauce Packet, Diced Carrots (DF) Mozzarella Stuffed Breadsticks with Cup of Marinara Sauce (VG)	<b>14</b> Southwest Veggie Wrap with Corn and Ranch Dressing (VG) Sesame Chicken Wrap with Ranch Dressing Packet (DF) Cheese Tamale with Seasoned Rice and Corn (VG) Creamy Chicken & Macaroni with Green Peas	<b>15</b> Chicken Salad Sub Sandwich with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG) Cheddar Cheese Sub Sandwich with Lettuce and Tomato, Yogurt and Ranch Dressing Packet (VG) Sloppy Joe Sandwich with Coleslaw (DF) Spaghetti Marinara with Steamed Green Beans and (VG)	<b>16</b> Egg Salad Sub on Whole Grain Bun with Hummus (DF) (VG) Sunbutter, Jelly, Sliced Bread with Corn and String Cheese (VG) Flame-Broiled Beef Cheeseburger with Steamed Diced Carrots Bean and Cheese Pupusa with Corn (VG)	<b>17</b> Pesto Pasta Salad with Chicken and Fresh Cucumber Slices Sesame Chicken Wrap with Ranch Dressing Packet (DF) Chicken Taco Duo with Curtido Salad Cheese Pizza with Side Salad (VG)
<b>20</b> Chicken Salad Sub Sandwich with Hummus (DF) Sunbutter, Jelly, Sliced Bread with Corn and String Cheese (VG) Chicken Bites with Corn and Savory Pizza Crackers (DF) Pizza Panada Pie with Steamed Italian Garlic Corn (VG)	<b>21</b> Turkey and Cheddar Sliced Whole Wheat Egg Salad Sub on Whole Grain Bun with Carrots, Corn and Peas (DF) (VG) Cheese Tamale with Seasoned Rice and Corn (VG) Chicken Fajita Quesadilla with Steamed Garlic Lime Corn and Guacamole Cup	<b>22</b> Chillin Chinese Chicken Noodles with Cabbage and Sesame Vinaigrette Packet Honey Mustard Chicken Wrap (DF) Hearty Veggie Chili and Seasoned Rice with Mini Cornbread and Diced Carrots (VG) Oven Roasted Chicken Sandwich with Lettuce and Tomato Slices (DF)	<b>23</b> Pizza Please! Pizza Chef Kit (Flat Bread, Pasta Sauce, Mozzarella Cheese) (VG) Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella and Diced Carrots Crispy Chicken Sandwich with Diced Carrots (DF) Classic Chicken Parm Pasta	<b>24</b> Cheese & Taco Hummas Sandwich (VG) Turkey Pesto Wrap with Chopped Romaine Lettuce Pretzel Nacho Calzoni with Steamed Broccoli (VG) Flame-Broiled Beef Burger with Broccoli Florets (DF)
<b>27</b> Sunbutter, Jelly, Sliced Bread with Corn and String Cheese (VG) Chicken Salad Sub Sandwich with Carrots, Corn and Peas (DF) Chicken Teriyaki with Green Peas (DF) Cheese Enchiladas with Corn (VG)	<b>28</b> Turkey Sandwich with Corn (DF) Southwest Veggie Wrap with Ranch Dressing Packet (VG) Flame-Broiled Beef Cheeseburger with Diced Carrots Fiesta Scoops! With Three Layer Dip with Diced Carrots and Tortilla Scoops Bag (VG)	<b>29</b> Egg Salad Sub on Whole Grain Bun with Chopped Romaine Lettuce and Honey Mustard Dressing Packet (VG) (DF) Turkey Pesto Wrap with Chopped Romaine Lettuce Chicken Enchiladas with Broccoli Florets Mac & Cheese with Broccoli Florets (VG)	<b>30</b> Pesto Pasta Salad with Chicken and Fresh Cucumber Slices Pesto Pasta Salad with Chicken and Fresh Cucumber Slices (VG) Chicken Mumbo with Not So Fried Rice and Diced Carrots (DF) Green Chili Cheese & Bean Quesadilla with Diced Carrots (VG)	

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