

# Breakfast Apple Tree

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

## 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**<sup>®</sup>  
Prepared Meals

This institution is an equal opportunity provider.

# Lunch Apple Tree

June 2023

MON

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FRI

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

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# Breakfast K-5

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

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			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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