



## June - Breakfast / Lunch and Snack Menu 2020

	Snack 1	Lunch	Snack 2
Monday	Raisin bread with cream cheese. fresh fruit with milk and water.	Organic homemade chicken tenders and Whole grain pasta. Fresh fruit and vegetables with milk and water	Cheese and whole grain crackers/ fresh fruit with milk and water.
Tuesday	Whole grain pancakes/Peanut butter with fresh fruit, Milk and Water	Homemade Turkey meatballs, Whole grain Spaghetti, fresh fruit and vegetable. milk and water	Organic Rice Crackers, Cheese with Fresh fruit/ Milk and Water
Wednesday	Whole grain cereal, Fruit, Milk and Water	Butter baked fish with Mashed potatoes, Mixed / vegetables, Fruit. Milk and Water	Pretzels / Cheese , Fresh fruit,Milk and Water
Thursday	Whole grain waffles and fruit with Milk and Water.	Week-1 - Cheesy chicken Cauliflower soup Week-2 - Cheesy chicken Zucchini soup. Week-3- Cheesy chicken/Carrots soup. Weeks 4 - Cheesy chicken mushroom soup Whole grain bread or fish crackers ,fruit, Water and Milk.	Whole grain crackers/ Cheese and Fresh fruit,Milk and Water.
Friday	Whole grain bread with jam, fresh fruit, Milk and Water.	Organic pita bread with chicken Tikka masala curry, Fresh fruit, Vegetable. Milk and Water	Granola and Yogurt / Cheese fresh fruit milk and water.

- All Grains (bread,crackers,pasta,rice,etc) are whole grain or wheat.
- Soups are made with organic chicken broth and turmeric will be added to rice and soups.
- Meat- organic Chicken and Turkey.
- GF= Gluten Free