Jun-20

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jun shredded BBQ chicken - 2 oz chicken white rice 1/2 cup green beans 1/2 cup 1/2 banana, 1oz Wheat Bread, 8 oz skim milk	**2-Jun** chicken parmesan - 1 cup pasta, 1/4 cup red sauce 2.66 ounce breaded chicken sweet peas 1/2 cup 1/2 cup tropical fruit, * chicken separate upon request, 8 oz skim milk	**3-Jun** mac & cheese - 1 cup pasta plus 4 oz cheese sauce. 2 oz chicken nuggets on peas and carrots - 1/2 cup, 8 oz skim fruit cup 1/2 cup,	**4-Jun** chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk	**5-Jun** 3 ounce beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk brocc/cauliflouer - 1/2 cup 1/2 cup appleasauce
8-Jun beef tacos - 2 oz beef mixed vegetables - 1/2 cup spanish rice - 1/2 cup 2 oz shells, 1/2 cup fruit cup, 8 oz skim milk	**9-Jun** meatloaf - 2 oz beef au gratin potatoes - 1/2 cup. 2 oz wheat bread peas - 1/2 cup**, 8 oz skim milk** 1/2 cup pears	**10-Jun** grilled chick - 3 oz 2 oz bun, 8 oz skim milk steak fries - 1/2 cup 1/2 cup banana 1/2 cup cauliflour	turkey - 2 ounce, 1 oz sliced bread bread, 2 oz american cheese mac and cheese - 1/2 cup broccoli - 1/2 cup tropical fruit - 1/2 cup 8 oz skim milk	**12-Jun** chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk
15-Jun turkey sub - 2 ounce turkey, 2oz Wheat Bread baked potato- 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	**16-Jun** salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	**17-Jun** turkey cheese quesadilla - 2 oz turkey, 1 oz american cheese, 2 oz tortilla sweet potato fries - 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	**18-Jun** Sweet and Sour chicken - 2 ounce chicken, miscellaneous amounts of peppers, onions, sauce, pineapples rice 1/2 cup, mixed veggies 1/2 cup 1 oz wheat bread, 8 oz skim milk pears - 1/2 cup	**19-Jun** breaded chicken strips - 2.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 cup tropical fruit steak fries - 1/2 cup
22-Jun	**23-Jun** turkey panini- 2 oz turkey, 2 ounce wheat bread, 1 oz american cheese broccoli - 1/2 cup, 8 oz skim milk pineapples 1/2 cup,	**24-Jun** shredded BBQ chicken - 2 oz chicken white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	**25-Jun** sloppy joe - 2 oz beef, 2 oz bun mashed pot - 1/2 cup, 8 oz skim milk mixed vegetables - 1/2 cup 1/2 cup mandarin oranges	**26-Jun** 3 ounce beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk brocc/cauliflouer - 1/2 cup 1/2 cup appleasauce
29-Jun tilapia - 4 ounce peas and carrots - 1/2 cup steak fries - 1/2 cup, 2 oz Wheat Bread mandarin oranges 1/2 cup, 8 oz skim	**30-Jun** turkey panini- 2 oz turkey, 2 ounce wheat bread, 1 oz american cheese 2oz Wheat Bread broccoli - 1/2 cup pineapples 1/2 cup, 8 oz skim milk			