

# June

## HOT / COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>HOT chicken sausage &amp; cheese bagel</li> <li>zee zees berry apple bar (df)</li> <li>cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>blueberry burst muffin</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>cinnamon "dipperdoodle" bar (df)</li> <li>cocoa critters cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>HOT buttermilk pancakes</li> <li>cinnamon crumbles</li> <li>turkey &amp; cream cheese bagel sandwich</li> </ul>	<ul style="list-style-type: none"> <li>zac omega fruit-filled blackberry bar (df)</li> <li>banana muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT cheesy omelet</li> <li>plain bagel &amp; cream cheese</li> <li>snow flurries cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon grahams &amp; string cheese</li> <li>french toast muffin</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>zee zees berry apple bar (df)</li> <li>yogurt &amp; granola</li> </ul>	<ul style="list-style-type: none"> <li>HOT cinnamon toast bagel</li> <li>lemon muffin</li> <li>apple cinna-grins cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>blueberry bagel &amp; cream cheese</li> <li>zac omega fruit filled strawberry bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>HOT southwest chorizo &amp; cheese brekwich</li> <li>cinnamon grahams &amp; string cheese</li> <li>blueberry burst muffin</li> </ul>	<ul style="list-style-type: none"> <li>honey buttons cereal</li> <li>bagel &amp; cheese sandwich</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>mini cinnamon "dipperdoodle" bar &amp; string cheese</li> <li>snow flurries cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>HOT buttermilk pancakes</li> <li>zac omega fruit-filled blackberry bar (df)</li> <li>cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>yogurt &amp; educational snacks</li> </ul>	<ul style="list-style-type: none"> <li>HOT buenos dias breakfast burrito</li> <li>cocoa critters cereal (df)</li> <li>cinnamon "dipperdoodle" bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>banana muffin</li> <li>turkey cheddar brekwich</li> </ul>
26	27	28	29	30
<ul style="list-style-type: none"> <li>yogurt &amp; granola</li> <li>honey buttons cereal</li> </ul>	<ul style="list-style-type: none"> <li>HOT egg &amp; cheese brekwich</li> <li>blueberry bagel &amp; cream cheese</li> <li>apple cinna-grins cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>zac omega fruit filled strawberry bar (df)</li> <li>french toast muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT cheesy omelet</li> <li>plain bagel &amp; cream cheese</li> <li>RF cocoa critters cereal</li> </ul>	<ul style="list-style-type: none"> <li>zee zees berry apple bar (df)</li> <li>lemon muffin</li> </ul>

## Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*



# June

## COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>zee zeos berry apple bar (df)</li> <li>cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>blueberry burst muffin</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>cinnamon "dipperdoodle" bar (df)</li> <li>cocoa critters cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>turkey &amp; cream cheese bagel sandwich</li> </ul>	<ul style="list-style-type: none"> <li>zac omega fruit-filled blackberry bar (df)</li> <li>banana muffin</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>snow flurries cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon grahams &amp; string cheese</li> <li>french toast muffin</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>zee zeos berry apple bar (df)</li> <li>yogurt &amp; granola</li> </ul>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>apple cinna-grins cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>blueberry bagel &amp; cream cheese</li> <li>zac omega fruit filled strawberry bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon grahams &amp; string cheese</li> <li>blueberry burst muffin</li> </ul>	<ul style="list-style-type: none"> <li>honey buttons cereal</li> <li>bagel &amp; cheese sandwich</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>mini cinnamon "dipperdoodle" bar &amp; string cheese</li> <li>snow flurries cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>zac omega fruit-filled blackberry bar (df)</li> <li>cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>yogurt &amp; educational snacks</li> </ul>	<ul style="list-style-type: none"> <li>cocoa critters cereal (df)</li> <li>cinnamon "dipperdoodle" bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>banana muffin</li> <li>turkey and cheddar brekwich</li> </ul>
26	27	28	29	30
<ul style="list-style-type: none"> <li>yogurt &amp; granola</li> <li>honey button cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry bagel &amp; cream cheese</li> <li>apple cinna-grins cereal (df)</li> </ul>	<ul style="list-style-type: none"> <li>zac omega fruit filled strawberry bar (df)</li> <li>french toast muffin</li> </ul>	<ul style="list-style-type: none"> <li>plain bagel &amp; cream cheese</li> <li>cocoa critters cereal</li> </ul>	<ul style="list-style-type: none"> <li>zee zeos berry apple bar (df)</li> <li>lemon muffin</li> </ul>

### Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

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# June

## UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• zee zees berry apple bar (df)</li> <li>• cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> <li>• blueberry burst muffin</li> </ul>
			1	2
<ul style="list-style-type: none"> <li>• cinnamon "dipperdoodle" bar (df)</li> <li>• yogurt &amp; cinnamon grahams</li> </ul>	<ul style="list-style-type: none"> <li>• cinnamon crumble</li> <li>• turkey &amp; cream cheese bagel sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• zac omega fruit-filled blackberry bar (df)</li> <li>• banana muffin</li> </ul>	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> <li>• snow flurries cereal &amp; zac attack apple fruit-filled bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• cinnamon grahams &amp; string cheese</li> <li>• french toast muffin</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>• zee zees berry apple bar (df)</li> <li>• yogurt &amp; granola</li> </ul>	<ul style="list-style-type: none"> <li>• lemon muffin</li> <li>• snow flurries cereal &amp; mini cinnamon "dipperdoodle" bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• blueberry bagel &amp; cream cheese</li> <li>• zac omega fruit filled strawberry bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• cinnamon grahams &amp; string cheese</li> <li>• blueberry burst muffin</li> </ul>	<ul style="list-style-type: none"> <li>• honey buttons cereal &amp; zac attack fruit-filled strawberry bar (df)</li> <li>• bagel &amp; cheese sandwich</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>• mini cinnamon "dipperdoodle" bar &amp; string cheese</li> <li>• snow flurries cereal &amp; zac attack apple fruit-filled bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• zac omega fruit-filled blackberry bar (df)</li> <li>• cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> <li>• yogurt &amp; educational snacks</li> </ul>	<ul style="list-style-type: none"> <li>• honey grahams &amp; cinnamon rumbles (df)</li> <li>• cinnamon "dipperdoodle" bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• banana muffin</li> <li>• turkey cheddar brekwich</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>• yogurt &amp; granola</li> <li>• honey buttons cereal &amp; mini cinnamon "dipperdoodle" bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• blueberry bagel &amp; cream cheese</li> <li>• cinnamon grahams &amp; string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• french toast muffin</li> <li>• zac omega fruit filled strawberry bar (df)</li> </ul>	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> <li>• cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>• zee zees berry apple bar (df)</li> <li>• lemon muffin</li> </ul>
26	27	28	29	30

### Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

**Supper:** choice of 1% or fat free milk. fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

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# June

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>fiesta scoops &amp; three layer dip (v)</li> <li>chicken taco trio</li> <li>"pepperoni" calzoni pizza (v)</li> <li>mighty meaty deli combo sandwich</li> <li>chicken caesar wrap (df)                             <ul style="list-style-type: none"> <li>steamed corn</li> </ul> </li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>chicken potstickers (df)</li> <li>turkey &amp; cheddar flatbread</li> <li>chicken bites (df)</li> <li>ham &amp; cheese sandwich</li> <li>taco dippers kit (v)                             <ul style="list-style-type: none"> <li>cucumber w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> <li>cheesy chicken quesadilla</li> <li>mac &amp; cheese and bbq chicken</li> <li>turkey &amp; cheddar sandwich</li> <li>egg salad sandwich (v) (df)                             <ul style="list-style-type: none"> <li>steamed carrots</li> </ul> </li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>pasta with zesty beef</li> <li>chicken bites (df)</li> <li>mighty meaty deli combo sandwich</li> <li>veggie chef's salad (v)                             <ul style="list-style-type: none"> <li>pinto beans/ grape tomatoes</li> </ul> </li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>the revolution dog (df)</li> <li>cheese pizza (v)</li> <li>honey mustard chicken wrap</li> <li>sesame chicken salad                             <ul style="list-style-type: none"> <li>coleslaw</li> </ul> </li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>green chile &amp; cheese tamale (v)</li> <li>jumbo italian meatball &amp; penne</li> <li>chicken salad sandwich (df)</li> <li>chicken caesar salad                             <ul style="list-style-type: none"> <li>broccoli florets w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>sweet garlic noodles with chicken</li> <li>lone star bbq chicken sandwich</li> <li>egg &amp; cheese panada pie (v)</li> <li>bbq chicken wrap</li> <li>ham &amp; cheese sandwich                             <ul style="list-style-type: none"> <li>steamed corn</li> </ul> </li> </ul> <p style="text-align: right;">9</p>
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### Did You Know?

Our food is made with high quality ingredients that do not contain any artificial colors, flavors, or sweeteners.

Because you deserve nothing less

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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# June

## SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>cinnamon grahams</li> <li>sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>educational crackers</li> <li>salsa rumbles</li> </ul>
<ul style="list-style-type: none"> <li>honey wheat crackers</li> <li>pretzel goldfish/ string cheese</li> </ul>	<ul style="list-style-type: none"> <li>blazin hot seeds</li> <li>cinnamon rumbles</li> </ul>	<ul style="list-style-type: none"> <li>cheddar goldfish</li> <li>honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>ranch rumbles</li> <li>mini dipperdoodle/ string cheese</li> </ul>	<ul style="list-style-type: none"> <li>zac attack strawberry fruit-filled bar</li> <li>educational crackers</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>honey wheat crackers/ string cheese</li> <li>salsa rumbles</li> </ul>	<ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>zac attack apple fruit-filled bar</li> </ul>	<ul style="list-style-type: none"> <li>educational crackers</li> <li>cinnamon grahams</li> </ul>	<ul style="list-style-type: none"> <li>cheddar goldfish/ juice</li> <li>yogurt</li> </ul>	<ul style="list-style-type: none"> <li>sunflower seeds</li> <li>honey grahams</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>honey wheat crackers</li> <li>zac attack strawberry fruit-filled bar</li> </ul>	<ul style="list-style-type: none"> <li>blazin hot seeds</li> <li>cinnamon grahams</li> </ul>	<ul style="list-style-type: none"> <li>pretzel goldfish/ string cheese</li> <li>mini dipperdoodle</li> </ul>	<ul style="list-style-type: none"> <li>educational crackers/ sunbutter</li> <li>cinnamon rumbles</li> </ul>	<ul style="list-style-type: none"> <li>sunflower seeds</li> <li>honey grahams</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>honey wheat crackers</li> <li>blazin hot seeds</li> </ul>	<ul style="list-style-type: none"> <li>ranch rumbles/ juice</li> <li>cheddar goldfish</li> </ul>	<ul style="list-style-type: none"> <li>yogurt</li> <li>cinnamon grahams</li> </ul>	<ul style="list-style-type: none"> <li>zac attack apple fruit-filled bar</li> <li>salsa rumbles</li> </ul>	<ul style="list-style-type: none"> <li>educational crackers</li> <li>cheddar goldfish/ string cheese</li> </ul>
26	27	28	29	30

### Did You Know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

**Snack:** fresh fruit available daily except when sunbutter, string cheese, or juice is served.

*This institution is an equal opportunity provider*

