

**DAYCARE ALLERGENS**  
**BREAKFAST & LUNCH – JUNE MENU**

Dairy/Milk [M] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	3 Cereal Fruit Milk	4 1 <b>WG</b> Pancake [M][G][S][C] / Applesauce Topping 1 oz ½ c <b>Pineapple</b> ¾ c Milk [M]	5 1 Hardboiled Egg [E] 1 <b>WG</b> Biscuit [M][G][S] w PC Jelly [C] ½ c <b>Honeydew</b> ¾ c Milk [M]	6 Cereal Fruit Milk	7 ¼ c Scrambled Eggs [M][E][S] 1 <b>WG</b> Biscuit [M][G][S] 4 <b>Orange Wedges</b> ¾ c Milk [M]
	LUNCH	2 oz Oven Fried Chicken Leg [G][S] 1 <b>WG</b> Wheat Roll [G][S][C] (1 oz) ¼ c <b>Glazed Carrots</b> [M][CN][S] ¼ c <b>Apple Slices</b> (2-3) ¾ c Milk [M]  <i>Veg: 3 Chicken Sub Nuggets [E][G][S][C]*</i>	2 oz CN Hamburger Patty [S][C] 1 <b>WG</b> Bun (1.8 oz) [G][S] ½ c <b>Spinach Salad</b> w Ranch [M][E][G] ¼ c <b>Cantaloupe</b> ¾ c Milk [M]  <i>Veg: Vegetarian Black Bean Burge* Gardenburger [G][S][C]</i>	<u>Make Your Own Joe</u> ½ c <b>Bean Sloppy Joe</b> (2 oz meat alternate) #8 [M][C] 1 <b>WG</b> Bun (1.8 oz) [G][S] ¼ c Cole Slaw [E][S][C] 2 <b>Orange Wedges</b> ¾ c Milk [M]  <i>Veg: Same</i>	3/8 c <b>Beef Picadillo</b> [T] ¼ c <b>WG</b> Rice (½ oz Grain) ¼ c <b>Broccoli</b> w Creamy Italian Dip [S][C] ¼ c <b>Pears</b> ¾ c Milk [M]  <i>Veg: 1 Lasagna Roll - Up [M][E][T][G] [C]</i>
BREAKFAST		10 Cereal Fruit Milk	11 ¼ c <b>WG</b> Oatmeal (0.7 oz) ½ c <b>Peaches</b> ¾ c Milk [M]	12 ½ <b>WG</b> Bagel [G][S][C] w Cream Cheese [M] ½ c <b>Pears</b> ¾ c Milk [M]	13 Cereal Fruit Milk
	LUNCH	3 Meatballs(1.5 oz) [M][T][G][S] w Marinara Sauce [T] ¼ c <b>WG</b> Penne (½ oz) [G] PC Parmesan Cheese [M] ¼ c <b>Baby Carrots</b> w Veggie Dip [M][E] [S] ½ <b>Apple</b> ¾ c Milk [M]  <i>Veg: 3 Veggie Meatballs [M][G][S]</i>	<u>Mediterranean Cold Lunches</u> ¼ c Seasoned Chicken Strips (2 oz) ½ <b>WG</b> Pita (1 oz) [G][S][M][E] 1 Tbsp <b>Hummus</b> [SE] ¼ c <b>Petite Broccoli</b> w Italian [S][C] ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk [M]  <i>Veg: 3/8 c Chickpeas</i>	½ c <b>Beef &amp; Bean Chili</b> [T][C] 2 oz meat/meat alternate 1 oz Cornbread [M][E][G][S][C] ½ c <b>Romaine</b> with Ranch [M][E][G] 2 <b>Orange Wedges</b> ¾ c Milk [M]  <i>Veg: Vegetarian Chili [M][T][G]</i>	3 oz <b>WG</b> Fish Fillet [M][G][C][F] (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) [M] ½ c <b>Spinach Salad</b> w Italian [S][C] ¼ c <b>Strawberries</b> ¾ c Milk [M]  <i>Veg: 6 oz Yogurt [M]</i>
BREAKFAST		17 Cereal Fruit Milk	18 2 French Toast Bites [M][E][G][S][C](1.02 oz) ½ c <b>Cantaloupe</b> ¾ c Milk [M]	19 2 oz Yogurt [M] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] ½ c <b>Tropical Fruit Salad</b> ¾ c Milk [M]	20 Cereal Fruit Milk

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<p><u>Italian</u></p> <p>2 Chicken Tenders 2 oz [G] [S] [C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G] [S] [M] [E] ¼ c <b>Baby Carrots</b> ½ <b>Apple</b> ¾ c Milk [M]</p> <p><i>Veg: 2 Chix Tenders [E] [G] [S] [C]</i></p>	<p>½ c Beef &amp; Macaroni Pasta Bake #8 [G] • 2 oz beef, ¼ c WG noodles(1.3 oz) ¼ c <b>Broccoli</b> w Ranch [M] [E] [G] ¼ c <b>Pineapple</b> ¾ c Milk [M]</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake [M] [G] [T] w 1 Mozzarella Cheese Stick [M]</i></p>	<p>2 oz Oven Fried Chicken Leg [G] [S] 1 oz <b>WG</b> Corn Muffin [E] [G] [S] [C] ¼ c Cole Slaw [E] [S] [C] ¼ c <b>Honeydew</b> EHS Diced ¾ c Milk [M]</p> <p><i>Veg: 3 Chickenless Sub Nuggets [E] [G] [S] [C] w Ketchup [C]</i></p>	<p><u>Make Your Own Taco</u></p> <p>¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [M] 1oz Hard <b>WG</b> Taco Shell [C] <b>EHS 1 oz WG Tortilla</b> [G] [S] ½ c Shredded <b>Lettuce</b> PC Salsa [T] ½ <b>Banana</b> ¾ c Milk [M]</p> <p><i>Veg: ½ c Black Beans [T]</i></p>	<p>½ c Macaroni &amp; Cheese [M] [E] [G] [S] [C] • ¼ oz Cheese; ¼ c WG Noodles 3/8 c Vegetarian <b>Baked Beans</b> [C] ½ c <b>Spinach</b> Salad w Italian [S] [C] ¼ c <b>Peaches</b> ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>
	24	25	26	27	28
<b>BREAKFAST</b>	<p>Cereal Fruit Milk</p>	<p>1 <b>WG</b> French Toast [E] [G] [S] [C] (1.5 oz) ½ c <b>Apple Slices</b> ¾ c Milk [M]</p>	<p>1 <b>WG</b> Stuffed Mini Bagel [M] [G] [S] [C] ½ c <b>Pineapple</b> ¾ c Milk [M]</p>	<p>Cereal Fruit Milk</p>	<p>1 Egg Biscuit [M] [E] [G] [S] <small>(1 oz WG Biscuit/1oz Egg Patty)</small> ½ c <b>Pears</b> ¾ c Milk [M]</p>
<b>LUNCH</b>	<p><u>Make Your Own Wrap</u></p> <p>1 oz Turkey (2 Slices) 2 Tbsp <b>Hummus</b> [SE] ½ oz Slider Cheddar Cheese [M] 1 <b>WG</b> Flour Tortilla (1 oz) [G] [S] ½ c <b>Spinach Salad</b> w Italian [S] [C] ¼ c <b>Pears</b> ¾ c Milk [M]</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella [M] and ½ oz Hummus Flour tortilla [G] [S])</i></p>	<p>1 Chicken Patty [G] [S] [C] 1 <b>WG</b> Bun (1.8 oz) [E] [S] ¼ c <b>Three Bean Salad</b> ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk [M]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G] [S] [C]</i></p>	<p>2 oz Meatloaf [M] [G] [T] [S] [C] 1 <b>WG</b> Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [M] ¼ c <b>Strawberries</b> ¾ c Milk [M]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G] [S] [C]</i></p>	<p><u>Asian</u></p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G] [S] ¼ c <b>Brown WG</b> Rice (½ oz grain) ¼ c <b>Broccoli</b> w Ranch [M] [E] [G] ¼ c <b>Mandarin Oranges</b> ¾ c Milk [M]</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets* [E] [G] [S] [C]</i></p>	<p><u>Make Your Own Pizza</u></p> <p>½ <b>WW</b> English Muffin [M] [G] [S] 1 oz 2 TBSP Shredded Mozzarella Cheese [M] 1 oz String Cheese [M] ¼ c Marinara Sauce [T] (Hot) ½ c <b>Spinach Salad</b> w Italian [S] [C] ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M]</p> <p><i>Veg: Same</i></p>