

# FROM THE HEART - JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>* Menu Subject to Change</p> <p>All Meals Provided by Teach, Learn, Change</p>		<p style="text-align: right;">1</p> <p><b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Fruit, Milk <b>Snack:</b> Cheese, Pretzels</p>	<p style="text-align: right;">2</p> <p><b>Breakfast:</b> WG Life Cereal, Fruit, Milk <b>Lunch:</b> <i>Spaghetti &amp; Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk <b>Snack:</b> WG Wheat Thins, 100% Fruit Juice</p>	<p style="text-align: right;">3</p> <p><b>Breakfast:</b> WG Cheerios, Fruit, Milk <b>Lunch:</b> <i>Chicken Salad</i> Chicken, Cole Slaw, WG Pita Bread, Fruit, Milk <b>Snack:</b> WG Graham Crackers, Milk</p>
<p style="text-align: right;">6</p> <p><b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk <b>Snack:</b> Pretzels, String Cheese</p>	<p style="text-align: right;">7</p> <p><b>Breakfast:</b> French Toast Sticks, Fruit, Milk <b>Lunch:</b> <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk <b>Snack:</b> Yogurt, Granola</p>	<p style="text-align: right;">8</p> <p><b>Breakfast:</b> WG Rice Chex, Fruit, Milk <b>Lunch:</b> <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk <b>Snack:</b> WG Wheat Thins, Cheese</p>	<p style="text-align: right;">9</p> <p><b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk <b>Snack:</b> WG Chex Mix, 100% Fruit Juice</p>	<p style="text-align: right;">10</p> <p><b>Breakfast:</b> Rice Krispies, Fruit, Milk <b>Lunch:</b> <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk <b>Snack:</b> Animal Crackers, Milk</p>
<p style="text-align: right;">13</p> <p><b>Breakfast:</b> Biscuits, Fruit, Milk <b>Lunch:</b> <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk <b>Snack:</b> WG Goldfish, 100% Juice</p>	<p style="text-align: right;">14</p> <p><b>Breakfast:</b> WG Kix, Fruit, Milk <b>Lunch:</b> <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> Graham Crackers, Milk</p>	<p style="text-align: right;">15</p> <p><b>Breakfast:</b> Biscuits, Fruit, Milk <b>Lunch:</b> <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Salad, Carrot Sticks, Milk <b>Snack:</b> Wheat Thins, 100% Fruit Juice</p>	<p style="text-align: right;">16</p> <p><b>Breakfast:</b> Special K, Fruit, Milk <b>Lunch:</b> <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk <b>Snack:</b> WG Cheez Its, 100% Fruit Juice</p>	<p style="text-align: right;">17</p> <p><b>Breakfast:</b> WG Cheerios, Fruit, Milk <b>Lunch:</b> <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk <b>Snack:</b> Yogurt, Granola</p>
<p style="text-align: right;">20</p> <p><b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk <b>Snack:</b> Pretzels, Cheese</p>	<p style="text-align: right;">21</p> <p><b>Breakfast:</b> WG Corn Chex, Fruit, Milk <b>Lunch:</b> <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk <b>Snack:</b> WG Graham Crackers, Milk</p>	<p style="text-align: right;">22</p> <p><b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk <b>Snack:</b> WG Chex Mix, 100% Fruit Juice</p>	<p style="text-align: right;">23</p> <p><b>Breakfast:</b> Biscuits, Fruit, Milk <b>Lunch:</b> <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk <b>Snack:</b> WG Animal Crackers, Milk</p>	<p style="text-align: right;">24</p> <p><b>Breakfast:</b> WG Kix, Fruit, Milk <b>Lunch:</b> <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Salad, Carrot Sticks, Milk <b>Snack:</b> Wheat Thins, 100% Fruit Juice</p>
<p style="text-align: right;">27</p> <p><b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk <b>Snack:</b> WG Goldfish, 100% Fruit Juice</p>	<p style="text-align: right;">28</p> <p><b>Breakfast:</b> English Muffins, Fruit, Milk <b>Lunch:</b> <i>Burger Slider</i>, WG Bun, Tater Tots, Fruit, Milk <b>Snack:</b> Cheese, Pretzels</p>	<p style="text-align: right;">29</p> <p><b>Breakfast:</b> Rice Krispies, Fruit, Milk <b>Lunch:</b> <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> Graham Crackers, Yogurt</p>	<p style="text-align: right;">30</p> <p><b>Breakfast:</b> WG Life Cereal, Fruit, Milk <b>Lunch:</b> <i>Baked Chicken</i> Chicken, WG Dinner Roll, Mixed Vegetables, Fruit, Milk <b>Snack:</b> WG Cheez Its, 100% Fruit Juice</p>	

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

**Breakfast:** grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**

**Lunch:** meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit or vegetable - ¼cup; milk- ¾cup **1% plain milk**

**Snack (two of the following):** meat/meat alternate - ½oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**

\*(WG) = Whole Grain