

June Menu 2018

(Milk is provided with all lunches) Lunches served at 11:00 A.M. Menus are subject to change.

Date	Breakfast	LUNCH MENU	PM Snack
1	Cereal and ½ banana	Chicken noodle casserole, green peas, diced pears	Watermelon
4	English muffin and jelly	Soft beef taco, shredded lettuce, salsa, corn, applesauce	Tortilla chips and salsa
5	Bagel and cream cheese	Sweet & sour chicken, brown rice, green beans	Grapes and cheese
6	Mandarin oranges	Turkey & cheese sandwich, spinach salad, fruit salad	Berries and yogurt
7	Cereal and fruit	Cheese pizza, steamed cauliflower, orange wedges	Cantaloupe
8	Nutrigrain bar and apple slices	Chicken tenders, sweet potato fries, steamed broccoli, wheat bread	Mixed fruit
11	Bagel and cream cheese	Pork roast, glazed carrots, whole wheat roll, cinnamon applesauce	Tortilla, peanut butter, and jelly
12	oatmeal	Macaroni & cheese, steamed broccoli, banana	Strawberries and yogurt
13	Granola & vanilla yogurt	Cream of tomato soup, grilled cheese sandwich on wheat, melon cubes	Mandarin oranges and cheese stick
14	Bagel and cream cheese	Goulash, green beans, diced pears	Grapes
15	Peaches and yogurt	Grilled chicken, mashed potatoes, green peas, wheat bread	Mixed fruit
18	English muffin and jelly	BBQ pork, baked beans, applesauce	Pears and yogurt
19	Nutrigrain bar and apple slices	Hamburger on bun, sweet potato fries, peaches, whole wheat bun	Watermelon
20	Mandarin oranges	Spaghetti with meat sauce, baked zucchini, banana	Pineapple and cottage cheese
21	Pears and granola bar	Chicken tenders, half baked potato, green beans, wheat roll, orange wedges	Strawberries and yogurt
22	Cereal and fruit	Beef & noodles, steamed carrots, tropical fruit	Mixed fruit
25	NO GROW – TRINITY LUTHERAN VBS		
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July Menu 2018

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Date	Breakfast	LUNCH MENU	PM Snack
2	Granola & vanilla yogurt	Soft beef taco, shredded lettuce, salsa, corn, applesauce	Tortilla chips and salsa
3	Oatmeal	Sweet & sour chicken, brown rice, green beans	Watermelon
4	NO GROW – 4th of JULY!		
5	Cereal and fruit	Cheese pizza, steamed cauliflower, orange wedges	Celery, peanut butter, and raisins
6	Mandarin oranges	Chicken tenders, sweet potato fries, steamed broccoli, wheat bread	Mixed fruit
9	English muffin and jelly	Pork roast, glazed carrots, whole wheat roll, cinnamon applesauce	Pineapple
10	Bagel and cream cheese	Macaroni & cheese, steamed broccoli, banana	Strawberries
11	Nutrigrain bar and apple slices	Cream of tomato soup, grilled cheese sandwich on wheat, melon cubes	Tortilla, peanut butter, and jelly
12	Cereal and ½ banana	Goulash, green beans, diced pears	Grapes and cheese stick
13	Pears and granola bar	Grilled chicken, mashed potatoes, green peas, wheat bread	Mixed fruit
16	Oatmeal	BBQ pork, baked beans, applesauce	Oranges
17	Granola & vanilla yogurt	Hamburger on bun, sweet potato fries, peaches, whole wheat bun	Berries
18	Mandarin oranges	Spaghetti with meat sauce, baked zucchini, banana	Watermelon
19	Cereal and fruit	Chicken tenders, half baked potato, green beans, wheat roll, orange wedges	Strawberries & vanilla yogurt
20	English muffin and jelly	Beef & noodles, steamed carrots, tropical fruit	Mixed fruit
23	Peaches and nutrigrain bar	KCC chicken fajitas, salsa, orange wedges	Tortilla chips and salsa
24	Bagel and cream cheese	Sliced turkey, sweet potatoes, banana, wheat bread	Grapes and cheese stick
25	Pears and granola bar	Breaded chicken patty on wheat bun, corn, mandarin oranges	Pineapple
26	Cereal and ½ banana	Sloppy joe on wheat bun, tossed green salad with ranch, peaches	Tortilla, peanut butter, and jelly
27	Oatmeal	Chicken noodle casserole, green peas, diced pears	Mixed fruit
30	Mandarin oranges	Soft beef taco, shredded lettuce, salsa, corn, applesauce	Tortilla chips and salsa
31	Cereal and fruit	Sweet and sour chicken, brown rice, green beans	Carrots, ranch, and cheese stick

August Menu 2018

(Milk is provided with all lunches) Lunches served at 11:00 A.M. Menus are subject to change.

Date	Breakfast	LUNCH MENU	PM Snack
1	Granola & vanilla yogurt	Turkey & cheese sandwich, spinach salad, fruit salad	Carrots, ranch, and cheese stick
2	English muffin and jelly	Cheese pizza, steamed cauliflower, orange wedges	grapes
3	Pears and granola bar	Chicken tenders, sweet potato fries, steamed broccoli, wheat bread	Mixed fruit
6	Cereal and fruit	Pork roast, glazed carrots, whole wheat roll, cinnamon applesauce	Celery, peanut butter, and raisins
7	Mandarin oranges	Macaroni & cheese, steamed broccoli, banana	Berries and vanilla yogurt
8	Bagel and cream cheese	Cream of tomato soup, grilled cheese sandwich on wheat, melon cubes	Oranges
9	Oatmeal	Goulash, green beans, diced pears	Strawberries
10	Nutrigrain bar and apple slices	Grilled chicken, mashed potatoes, green peas, wheat bread	Mixed fruit
13	Cereal and ½ banana	BBQ pork, baked beans, applesauce	Tortilla chips & salsa
14	Granola & vanilla yogurt	Hamburger on bun, sweet potato fries, peaches, whole wheat bun	Watermelon
15	NO GROW!		
16			
17			Mixed fruit
20			Oranges
21			Grapes and cheese stick
22			Strawberries
23			Tortilla chips and salsa
24			Celery, peanut butter, and raisins
27			Berries and vanilla yogurt
28			Pineapple
29			Oranges
31			Carrots, ranch, and cheese stick