

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	
	6/17, 7/15, 8/12	6/18, 7/16, 8/13	6/19, 7/17, 8/14	6/20, 7/18, 8/15	6/21, 7/19, 8/16	
Week 1	Breakfast	<ul style="list-style-type: none"> Toasted Oats, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Pancakes* w/ Applesauce, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Apples, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Eggs, Oranges, Org. Milk 	<ul style="list-style-type: none"> Blueberry Muffins, Honeydew, Org. Milk
	Lunch	<ul style="list-style-type: none"> Chx. Sliders, WG Rolls, V Veg. Burger, Tomato Ketchup, Green Beans & Cauliflower, Apples 	<ul style="list-style-type: none"> Turkey Tacos, WG Tortillas*, V Salsa Veg. Crumbles, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> WG Crispy Chx., Tomato Ketchup, V Veg. Bites, Broccoli & Yellow Beans, Cantaloupe 	<ul style="list-style-type: none"> WG Rotini, Roasted Tomato Sauce, Chx. Sausage V Org. Tomato Tofu, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad
	Snack	<ul style="list-style-type: none"> Mini Pretzel Twists, String Cheese, Water 	<ul style="list-style-type: none"> Kids Mix, Pears, Water 	<ul style="list-style-type: none"> Cheddar Goldfish, Org. Milk 	<ul style="list-style-type: none"> Vanilla Yogurt, Bananas, Water 	<ul style="list-style-type: none"> Club Crackers, Apples, Water
	6/24, 7/22, 8/19	6/25, 7/23, 8/20	6/26, 7/24, 8/21	6/27, 7/25, 8/22	6/28, 7/26, 8/23	
Week 2	Breakfast	<ul style="list-style-type: none"> Corn Chex, Oranges, Org. Milk 	<ul style="list-style-type: none"> English Muffins, Scrambled Eggs, Pineapple, Org. Milk 	<ul style="list-style-type: none"> WG French Toast Sticks, Turkey Sausage, V Eggs, Apples, Org. Milk 	<ul style="list-style-type: none"> Toasted Oats, Vanilla Yogurt, Oranges, Org. Milk 	<ul style="list-style-type: none"> Apple Spice Muffins, Cantaloupe, Org. Milk
	Lunch	<ul style="list-style-type: none"> WG Mac & Cheese, Broccoli & Yellow Beans, Apples 	<ul style="list-style-type: none"> Chx. Meatballs In Brown Gravy, V Tofu In Gravy, WG Rolls, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Turkey Burger w/ Cheese, V Veg. Burger, Buns & Ketchup, Green Beans & Cauliflower, Honeydew 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, V Veg. Bites, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> Summer Chx. Salad, Parker House Rolls, V Chickpea Salad, Green Beans, Diced Carrots, Fruit Salad
	Snack	<ul style="list-style-type: none"> Mini Croissant, American Cheese, Water 	<ul style="list-style-type: none"> Cheddar Goldfish, Pears, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Chz., Milk 	<ul style="list-style-type: none"> Animal Crackers, Bananas, Water 	<ul style="list-style-type: none"> WG Wheat Crackers, Apples, Water
	6/3, 7/1, 7/29, 8/26	6/4, 7/2, 7/30, 8/27	6/5, 7/3, 7/31, 8/28	6/6, 7/4, 8/1, 8/29	6/7, 7/5, 8/2, 8/30	
Week 3	Breakfast	<ul style="list-style-type: none"> Shredded Mini Wheats, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Pancakes* w/ Applesauce, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk 	<ul style="list-style-type: none"> WG Waffles* W/ Pear Puree, Oranges, Org. Milk 	<ul style="list-style-type: none"> Lemon Poppy Muffins, Honeydew, Org. Milk
	Lunch	<ul style="list-style-type: none"> WG Cheese Tortellini In Garlic & Herb Oil, Green Beans & Cauliflower, Apples 	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas V Tofu Fajitas, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Chx. Meatballs In Brown Gravy, V Tofu In Gravy, WG Rolls, Broccoli & Yellow Beans, Cantaloupe 	<ul style="list-style-type: none"> Southwest Chx., White Rice Bowl, V Org. Tofu, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Alfredo, WG Rotini, V Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
	Snack	<ul style="list-style-type: none"> Ritz Crackers, String Cheese, Water 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Pears 	<ul style="list-style-type: none"> Saltine Crackers, American Cheese, Water 	<ul style="list-style-type: none"> Graham Squares*, Bananas, Water 	<ul style="list-style-type: none"> Kids Mix, Apples, Water
	6/10, 7/8, 8/5	6/11, 7/9, 8/6	6/12, 7/10, 8/7	6/13, 7/11, 8/8	6/14, 7/12, 8/9	
Week 4	Breakfast	<ul style="list-style-type: none"> Rice Krispies, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Waffles* w/ Applesauce, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Apples, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Eggs, Oranges, Org. Milk 	<ul style="list-style-type: none"> Orange Blossom Muffins, Cantaloupe, Org. Milk
	Lunch	<ul style="list-style-type: none"> Turkey Burger w/ Cheese, V Veggie Burger, Fresh Buns & Ketchup, Broccoli & Yellow Beans, Apples 	<ul style="list-style-type: none"> Herb Chx. & WG Rotini Pasta, V Org. Herb Tofu, Green Beans & Cauliflower, Bananas 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, V Veg. Bites, Peas & Carrots, Honeydew 	<ul style="list-style-type: none"> WG* Garlic Bread Pizza, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Marinara, WG Penne, V Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad
	Snack	<ul style="list-style-type: none"> WG Wheat Crackers*, American Cheese, Water 	<ul style="list-style-type: none"> Animal Crackers, Pears, Water 	<ul style="list-style-type: none"> Toasted Oats, Vanilla Yogurt, Water 	<ul style="list-style-type: none"> Mini Croissant, Bananas, Water 	<ul style="list-style-type: none"> Club Crackers, Apples, Water

Summer Allergy Menu 2024 June / July / August



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	6/17, 7/15, 8/12	6/18, 7/16, 8/13	6/19, 7/17, 8/14	6/20, 7/18, 8/15	6/21, 7/19, 8/16
	Lunch <ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Pasta • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Vegan Cheese • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Corn Flour Pasta • Diced Chicken • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Noodles • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Chicken Quesadillas • Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 2	6/24, 7/22, 8/19	6/25, 7/23, 8/20	6/26, 7/24, 8/21	6/27, 7/25, 8/22	6/28, 7/26, 8/23
	Lunch <ul style="list-style-type: none"> • Mac N' Chicken • Vegan Cheese • Corn Flour Pasta • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Herbed Chicken • Brown Rice • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Brown Rice • Green Beans & Cauliflower • Fresh Honeydew 	<ul style="list-style-type: none"> • Chicken Breast • Corn Flour Pasta • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 3	6/3, 7/1, 7/29, 8/26	6/4, 7/2, 7/30, 8/27	6/5, 7/3, 7/31, 8/28	6/6, 7/4, 8/1, 8/29	6/7, 7/5, 8/2, 8/30
	Lunch <ul style="list-style-type: none"> • Chicken & Herbs • Corn Flour Noodles • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Southwest Chicken White Rice Bowl • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Southwest Chicken • White Rice Bowl • 4 Veggie Blend • Fresh Watermelon
Week 4	6/10, 7/8, 8/5	6/11, 7/9, 8/6	6/12, 7/10, 8/7	6/13, 7/11, 8/8	6/14, 7/12, 8/9
	Lunch <ul style="list-style-type: none"> • Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Herb Chicken Breast • Corn Flour Pasta • Green Beans & Cauliflower • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Corn Flour Pasta • Peas & Carrots • Fresh Honeydew 	<ul style="list-style-type: none"> • Chicken Quesadillas • Vegan Cheese • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Corn Flour Pasta • Roasted Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad