



# Daily & 5-Day Meal Kit Menu

## June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 30</b>	<b>May 31</b> A&B Sack Lunch	<b>June 1</b> A&B Sack Lunch	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b> Omelet & Toast with Jam Cherry Tomatoes  <b>Lunch</b> Orange Chicken or Tofu With Brown Rice Mixed Peas and Corn Grapefruit	<b>Memorial Day</b> <b>No School</b>	<b>Breakfast</b> Whole Grain Maple Bar Or Cereal Whole apple  <b>Lunch</b> Chicken Patty Sandwich Tangerines Frozen Fruit Cup	<b>Breakfast</b> Oatmeal with brown sugar and Cinnamon Diced Peaches  <b>Lunch</b> 'Make your own' Cheese Quesadilla Celery Onion	<b>Breakfast</b> Whole Grain Cereal Apple Slices  <b>Lunch</b> 'Make your own Taco' Taco Meat Or Black Beans With Shred Cheese Salsa & Fritos Celery & Onion	<b>Breakfast</b> Omelet & Toast with jam Apricots  <b>Lunch</b> Hamburger or Veggie Burger Whole Potato Tangerines	<b>Breakfast</b> Whole Grain Maple Bar Carrots  <b>Breakfast for Lunch</b> Omelet Apple Cinnamon Texas Toast Grapefruit Broccoli
<b>6</b>	<b>7</b> A&B Sack Lunch	<b>8</b> A&B Sack Lunch	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b> Waffle & Strawberry Cup  <b>Lunch</b> Cheese Pizza Whole Apple Tangerines	<b>Breakfast</b> Cheese Pizza Slice or Cereal Juice  <b>Lunch</b> Chicken Wings Buffalo and ranch sauce Jojos Carrot & Celery	<b>Breakfast</b> Homemade Cinnamon Roll or Cereal Apricots  <b>Lunch (Tuesday)</b> Orange Chicken Rice Bowl Mixed frozen veggies & Apple Slices  <b>Lunch (Friday)</b> Hamburger or Hotdog Potato Salad Fruit Cup Chips	<b>Breakfast</b> Homemade Cinnamon Roll Hard boiled Egg Apple Slices  <b>Lunch</b> French Bread Pizza Applesauce Broccoli	<b>Breakfast</b> Whole Grain Cereal WA Plum  <b>Lunch</b> PB & J Sandwich String Cheese Tangerines Celery	<b>Breakfast</b> French Toast & Blueberries  <b>Lunch</b> Cheese Lasagna Roll-Up & Garlic Toast Fresh Strawberries Carrots	<b>Breakfast</b> Whole Grain Cereal WA Plum  <b>Lunch</b> BBQ Rib Patty Sandwich Or Cheese Breadsticks with Marinara Blueberries & Strawberries
<b>13</b>	<b>14</b> A&B Sack Lunch	<b>15</b> A&B Sack Lunch	<b>Wednesday, June 16th — Sunday, June 20th</b>			
<b>Breakfast</b> Hardboiled Egg & Toast with jam Orange, whole  <b>Lunch</b> Turkey Hot Dog Or Veggie Nugget Cracker Ketchup & Mustard Strawberries & Celery	<b>Breakfast</b> Pancake on a Stick or Cereal  <b>Lunch</b> Orange Chicken Rice Bowl Mixed frozen Veggies Whole apple	<b>Breakfast</b> Whole Grain Maple Bar or Cereal  <b>Lunch</b> Hamburger or Hotdog Potato Salad Fruit Cup Chips	 <b>School Lunch Favorites Meal Kit</b> Includes 5 Breakfasts & 5 Lunches 			

Meal kits must be pre-ordered. Menu subject to change. Some menu items may be substituted due to product availability and to ensure your child is receiving the highest of quality. Fresh, whole produce provided, please wash before consuming.

5-day Meal Kits are distributed every Wednesday. Please see our website for locations and pick-up times. Each kit includes 5 breakfast meals and 5 lunch meals, 1/2 gallon 1% white milk and 1/2 gallon chocolate milk (milk can be declined). Soy milk will require a diet prescription on file with Nutrition Services. Heating instructions will be provided and also available on our website.

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change.  
 This institution is an equal opportunity provider. Updated 5/28/2021