



**NORWALK - LA MIRADA UNIFIED SCHOOL DISTRICT
EARLY HEAD START CENTER BASE PROGRAM
RAMONA & COLUMBIA
June Menu 2024**



Monday	Tuesday	Wednesday	Thursday	Friday	
MENU SUBJECT TO CHANGE All Grain Products are Whole-Grain Rich. Whole Milk (1 yr old) & 1% milk (2yr old +) offered at breakfast and lunch.					
BREAKFAST (AM and FD classes)					
Assorted Cereal Bowl Applesauce	Mini Muffin ½ Banana	¼ Bagel & Cream Cheese ¼c Strawberries	Mini Muffin Tangerine	4oz Danimal Yogurt Diced Peaches	
LUNCH (All classes)					
3 ¼c Chicken Teriyaki & ¼c Rice	4 2 Chicken Tenders w/Ketchup	5 ½ Cheese Pull Apart w/Marinara Sauce	6 ½ Turkey Taco Nada	7 Small Bean & Cheese Burrito	
10 ½ Grilled Cheese Sandwich	11 1 Breaded Drumstick	12 ½ Cheese Pull Apart w/Marinara Sauce	13 ½ Chicken Tamale ½ String Cheese	14 1 Mini Cheeseburger	
17 Mac & Cheese	18 5 Chicken Smackers w/Ketchup	19 Juneteenth Holiday No Class	20 ½ Turkey Taco Nada	21 ½ Beef Taco Stick	
24 ½ Grilled Cheese Sandwich	25 Small Bean & Cheese Burrito	26 ½ Cheese Pull Apart w/Marinara Sauce	27 Bistro Box: Turkey, Cheese, Fruit and Veggie	28 Summer Break Begins	
Fruit & Veggie with Lunch → ½c for each					
Canned Peaches Cooked Carrots	Fresh Strawberries Mashed Potatoes	Fresh Pineapple Cucumber Coins	Watermelon Pinto Beans	Cutie Tangerine Cucumber Coins	
SNACK					
6/3 6/17	Cheddar Goldfish Crackers Applesauce	Wheat Crackers String Cheese	Birthday Grahamz Milk	Educational Snacks Fresh Strawberries	Cereal Bowl Milk
6/10, 6/24	Scooby Doo Grahams & 100% Veggie Juice	Educational Crackers Milk	Cheez-It Crackers Applesauce	Wheat Crackers String Cheese	Cereal Bowl Milk

Updated 5/15/2024

This institution is an equal opportunity provider.