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Week of June 2nd, July 7th & August 11th

	MONDAY 6/2/25 7/7/25 8/11/25	TUESDAY 6/3/25 7/8/25 8/12/25	WEDNESDAY 6/4/25 7/9/25 8/13/25	THURSDAY 6/5/25 7/10/25 8/14/25	FRIDAY 6/6/25 7/11/25 8/15/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Wheaties 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1/2 Blueberry Muffin 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (WGR) French Toast Stick 2 Sausage Links 1/2 c. Cantaloupe 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 c. Scrambled Eggs 1/2 sl. (WGR) Bread/Toast 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) Bagel w/ Cream Cheese 1/2 c. Pineapple Chunks 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Fish Fillet or 4 Nuggets 1/4 c. Peas & Carrots 1/4 c. Seedless Watermelon 1/2 sl. (WGR) Bread or Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Grilled Ham & Cheese Sandwich (WGR) Bread 1/4 c. Baked Beans 1/4 c. Honey Dew Melon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Tator Tot Casserole 1/4 c. Mangos 1/2 sl. Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Cook's Choice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Cheeseburger w/(WGR) Bun 1/4 c. Sweet Potato Fries or Tots 1/4 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	4 Club Crackers 1/2 oz. Cheese Sticks	1/2 oz. Cheerios 1/2 c. Sliced Grapes	2 Graham Crackers 1/2 c. Applesauce	1/4 c. Yogurt 1/2 c. Bananas	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

Read about Food with your Child

- Mrs. Peanuckle's Fruit Alphabet, by Mrs. Peanuckle and Jessie Ford
- Apples by Gail Gibbons
- A Fruit is a Suitcase for Seeds by Jean Richards, Anca Hariton (Illustrator)
- The Fruits We Eat by Gail Gibbons.

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Week of June 9th, July 14th

	MONDAY 6/9/25 7/14/25	TUESDAY 6/10/25 7/15/25	WEDNESDAY 6/11/25 7/16/25	THURSDAY 6/12/25 7/17/25	FRIDAY 6/13/25 7/18/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Kix 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Pancake 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) English Muffin 1/2 oz. Cheddar Cheese Slices 1/2 c. Blueberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (WGR) Waffle 2 Sausage Links or patties 1/2 c. Banana 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 oz. (WGR) Cheerios 1/2 c. Pineapple 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Chicken Nuggets or 1 Chicken Patty 1/2 Dinner Roll 1/4 c. Broccoli 1/4 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cheesy Tuna Noodle Casserole 1/4 c. California Mixed Vegetables 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Turkey & Cheese Sub Sandwich (w/(WGR) Hot Dog Bun) 1/4 c. Mixed Vegetables 1/4 c. Grapes (cut in 1/2) 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Tavern/ (WGR) Bun 1/4 c. Baked Fries or Tots 1/4 c. Cantaloupe 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 1/2 oz Taco Haystacks w/(WGR) Softshell for EHS 1/4 c. Shredded Lettuce 1/4 c. Shredded Cheese 1/4 c. seedless Watermelon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	6 (WGR) Wheat Thins 1/2 oz. cheese cubes	1 Yogurt Parfait: Yogurt, Granola, Fruit	1/4 c. Oyster Crackers 1/2 c. 100% Juice	1/2 c. Strawberries 1/4 c. Cottage Cheese	

Water available at meals/snacks and throughout the day.

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Week of June 16th & July 22nd

	MONDAY 6/16/25 7/21/25	TUESDAY 6/17/25 7/22/25	WEDNESDAY 6/18/25 7/23/25	THURSDAY 6/19/25 7/24/25	FRIDAY 6/20/25 7/25/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Frosted Mini Wheats 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1/2 oz. Scrambled Eggs & Cheese 1/2 (WGR) Toast 1/2 c. Banana 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (.7 oz.) (WGR) Waffle 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Class Choice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) Toast 1/2 oz. Cheese Slice 1/2 c. 100 % Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	2/3 c. Cavatina 1/4 c. Spinach/Lettuce Mixture w/ dressing 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 ½ oz. BBQ Chicken Sandwich w/ (WGR) Bun 1/4 c. Green Beans 1/4 c. Baked Fries or Tots 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 pc. Beef & Cheese Pizza 1/4 c. Cooked Carrots 1/4 c. Seedless Watermelon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	4 Fish Nuggets or 1 Fish Fillet (WGR) 1/4 c. Peas 1/4 c. Pears 1/2 sl. Bread or Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Macaroni & Cheese w/ham 1/4 c. Broccoli 1/4 c. Cantaloupe 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	6 (WGR) Teddy Grahams 1/2 oz. Cheese Cubes	1/4 c. Yogurt 1/2 c. Blueberries	1/2 oz. Gold Fish Crackers 1/2 c. 100% Juice	1/2 c. Applesauce 2 Graham Crackers	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

Food Safety

- To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 degrees.
- Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.

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Week of June 23rd & July 28th

	MONDAY 6/23/25 7/28/25	TUESDAY 6/24/25 7/29/25	WEDNESDAY 6/25/25 7/30/25	THURSDAY 6/26/25 7/31/25	FRIDAY 6/27/25 8/1/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Life Cereal 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Pancake 2 Sausage Links 1/2 c. Applesauce 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 sl. Banana Bread 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 sl. (WGR) Toast 1/2 oz Cheddar Cheese Sl 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/4 c. Yogurt 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Chicken Patty w/(WGR) Bun 1/4 c. Peas 1/4 c. Watermelon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Goulash 1/4 c. Green Beans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Chicken Quesadilla with shredded cheese & (WGR) soft shell tortilla 1/4 c. Shredded Lettuce 1/4 c. Honey Dew Melon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Cheeseburger w/(WGR) Bun 1/4 c. Baked French Fries 1/4 c. Baked Beans 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Grilled Ham & Cheese Sandwich (WGR) bread 1/4 c. Mix Veggies 1/4 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	1/8 c. Cottage Cheese 1/2 c Strawberries	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	1/2 c. (WGR) Teddy Grahams 1/2 c. Pineapple	1/2 oz. Goldfish 1/2 c. Cantaloupe	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

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Week of June 30th & August 4th

	MONDAY 6/30/25 8/4/25	TUESDAY 7/1/25 8/5/25	WEDNESDAY 7/2/25 8/6/25	THURSDAY 7/3/25 8/7/25	FRIDAY 7/4/25 8/8/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Wheaties 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	½ Blueberry Muffin ½ c. Pineapple Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 sl. (WGR) Toast 1 pc. Scrambled Egg Bake 1/2 c. Grape Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Cook Choice Menu 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	½ (.7oz) (WGR) Waffle 1/2 oz (2) Sausage Links ½ c. fresh Orange Slices 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Tavern/ Bun 1/4 c. Baked Sweet Potato Fries or Tots 1/4 c. Cantaloupe 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	3/4 c. Chicken Alfredo ¼ c Broccoli ¼ c Pears 1/2 slice (WGR) Bread 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	4 Fish Nuggets (WGR) 1 Dinner Roll ¼ c. Green Beans ¼ c. Watermelon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Cook Choice Menu 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 pc. Cheese Pizza 1/4 c. Lettuce/Spinach 1/4 c. Cucumbers 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	1/4 c Cottage Cheese 1/2 c. Pineapple	2 sq (WGR) Graham Crackers 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	6 Wheat Thins (WGR) 1/2 c. Grapes (Cut in half)	Cook Choice Menu	

Water available at meals/snacks and throughout the day.

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