

**June 2022**

| <b>Monday</b>                                                                                                                                       | <b>Tuesday</b>                                                                                                                                  | <b>Wednesday</b>                                                                                                                          | <b>Thursday</b>                                                                                                     | <b>Friday</b>                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p>30. English muffins.<br/>Plums</p> <p>Spaghetti &amp; meat sauce, garlic bread, tomato &amp; cucumber salad, milk</p> <p>Peas, graham wafers</p> | <p>31. Yogurt &amp; berries</p> <p>Veggie &amp; cheese quiche, carrots, rice, milk</p> <p>Apples, cheese, crackers</p>                          | <p>1.cheerios, oranges</p> <p>Beef quesadillas, peppers, sour cream, salsa, roasted potatoes, milk</p> <p>Oatmeal cookies, applesauce</p> | <p>2.raisin toast, peaches</p> <p>Cobb salad, cheese pizza, peppers, milk</p> <p>Bananas, frozen yogurt tubes</p>   | <p>3.melba toast, cream cheese, watermelon</p> <p>Chicken veggie noodle soup, sandwiches, cucumbers, milk</p> <p>Veggies, dip</p> |
| <p>6.corn flakes, berries</p> <p>Potato chicken bake, beans, bread, milk</p> <p>Wow butter, triscuits, pears</p>                                    | <p>7.bagels, cream cheese, apples</p> <p>Salmon nuggets, rice, corn, peppers, milk</p> <p>Banana wraps</p>                                      | <p>8.plums yogurt</p> <p>beef/veg/barley soup, cream cheese and cucumber sandwiches, milk</p> <p>Watermelon, graham wafers</p>            | <p>9.apple sauce, granola</p> <p>French toast, blueberries, roasted potatoes, milk</p> <p>Melon, zucchini bread</p> | <p>10.rice krispies, strawberries</p> <p>Meatballs, mac n cheese, corn, beans, milk</p> <p>Cheese, crackers, bananas</p>          |
| <p>13.english muffins, cheese, oranges</p> <p>Chili, buns, peppers, milk</p> <p>Plums, melba toast</p>                                              | <p>14.cinnamon toast, apple sauce</p> <p>chicken/veggie quesadillas, salsa, broccoli salad, milk</p> <p>Rice crackers, hummus &amp; veggies</p> | <p>15.oatmeal raisin muffins, apples</p> <p>Hamburgers, pasta salad, tomatoes, lettuce, milk</p> <p>Pears, arrowroots</p>                 | <p>16.cheerios, oranges</p> <p>chicken/veg fajitas, rice, peas, milk</p> <p>Strawberries, graham wafers</p>         | <p>17.raisin toast, apples</p> <p>Broccoli &amp; cheese quiche, roasted potatoes, milk</p> <p>Fruit fiesta, trail mix</p>         |
| <p>20.rice krispies, oranges</p> <p>Cobb salad, pizza, cucumbers, milk</p> <p>Pears, crackers</p>                                                   | <p>21.melba toast, cream cheese, frozen fruit</p> <p>Taco bake, peppers, corn, milk</p> <p>Pumpkin bread, apples</p>                            | <p>22.english muffins, eggs</p> <p>Salmon nuggets, pasta, peas, cucumber, milk</p> <p>Peaches, trail mix</p>                              | <p>23.bagels, pears</p> <p>Shepherds pie, salad, buns, milk</p> <p>Pita bread, humus, cucumber</p>                  | <p>24.fruit muffins, bananas</p> <p>Chicken burgers, lettuce, tomatoes, salad, milk</p> <p>Watermelon, graham wafers</p>          |
| <p>27.mini wheats, apple slices</p> <p>Pork roast, mac &amp; cheese, peas, peppers, milk</p> <p>Frozen yogurt tubes, melon</p>                      | <p>28.toast, plums</p> <p>Beef stir fry, rice, cucumber, milk</p> <p>Crackers, cheese, dip</p>                                                  | <p>29.yogurt, granola</p> <p>Chicken cobb salad, sandwiches, raw veggies, milk</p> <p>Oatmeal cookies</p>                                 | <p>30.raisin toast, pears</p> <p>Ham, potatoes, pineapple, corn, milk</p> <p>Melon, plums</p>                       | <p>1.</p>                                                                                                                         |