

# MEALS 4 KIDS JUNE LUNCH MENU

	Monday 6/17/19	Tuesday 6/18/19	Wednesday 6/19/19	Thursday 6/20/19	Friday 6/21/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad	Turkey Wrap	Chicken Salad Sandwich
<b>Protein</b>	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)	Turkey (2 oz.)	Chicken (1oz) & Cheese (1 oz.)
<b>Grain</b>	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)	WW Tortilla (1 tortilla)	WW Bread (2 slices)
<b>Vegetable</b>	Grapes (3/4 cup)	Snap Peas (1/2 cup)	Spinach and green salad (1/2 cup)	Blueberries (1/4 cup)	Snap Peas (1/2 cup)
<b>Fruit</b>	Fruit Bowl (1/4 cup)	Apples (1/4 Cup)	1/2 Banana	Cantaloupe (1/2 cup)	Peaches (1/4 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.
	Monday 6/24/19	Tuesday 6/25/19	Wednesday 6/26/19	Thursday 6/26/19	Friday 6/27/19
	PB&J	Taco Pasta Salad	Chicken & Cheese Wrap	Hummus Cup	Turkey & Cheese Sandwich
<b>Protein</b>	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Beans (1/2 cup) & Cheese	Chicken (1oz) & Cheese (1 oz.)	Hummus (1/2 c) & String Cheese	Turkey (1 oz.) & Cheese (1 oz.)
<b>Grain</b>	WW Bread (2 slices)	WW Pasta (1 cup)	WW Tortilla (~10")	Pretzels (1 cup)	WW Bread (2 slices)
<b>Vegetable</b>	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Snap Peas (1/2 cup)	Baby Carrots (1/2 cup)	1 Plum
<b>Fruit</b>	Apples (1/4 cup)	Mandarin Oranges (1/4 cup)	Peaches (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
MENU SUBJECT TO CHANGE**

