

June Aprep Breakfast



Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> RF Cocoa Bops Cereal (DF) 1 	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel with Cream Cheese 2 	<ul style="list-style-type: none"> HOT Pancakes with Syrup 3 	<ul style="list-style-type: none"> RF Flurries Cereal (DF) 4 Blueberry Muffin 5
<ul style="list-style-type: none"> RF Honey Buttons Cereal (DF) 8 	<ul style="list-style-type: none"> Apple Muffin 9 	<ul style="list-style-type: none"> Kashi Berry Blossoms Cereal and Zac Attack Apple Bar (DF) 10 	<ul style="list-style-type: none"> Apple Cinna-Grins Cereal (DF) 11 Blueberry Burst Whole Grain Bagel with Cream Cheese 12
<ul style="list-style-type: none"> Kashi Honey Sunshine Cereal and Zac Attack Strawberry Bar (DF) 15 	<ul style="list-style-type: none"> Banana Muffin 16 	<ul style="list-style-type: none"> RF Flurries Cereal (DF) 17 	<ul style="list-style-type: none"> Zac Omega Bar Strawberry (DF) 18 NO BREAKFAST SCHEDULED 19
22	23	24	26
29	30		



Breakfast: choice of 1% or fat-free milk
 All grains served are whole grain-rich
 Dairy-free (DF) and vegetarian (VG) menu items available daily – if not listed on the menu, then available upon request.
 This institution is an equal opportunity provider.

real food for all™

June Aprep Menus



Monday

Tuesday

Wednesday

Thursday

Friday

- Chicken Taco Trio
- Vegetable: Local Sweet Potatoes

1

- Cheese Lasagna (VG)
- Vegetable: Baby Carrots and Pinto Beans

2

- Bag Lunches Inside
- Classroom

3

- Grilled Chicken Sandwich (DF)
- Vegetable: Shredded Lettuce and Sliced Tomatoes with Ranch

4

- Chicken Pasta Alfredo
- Vegetable: Local Chilled, Seasoned Green Beans

5

- Spaghetti and Meatballs (DF)
- Vegetable: Local Steamed Corn

8

- Cheese Ravioli with Marinara Sauce)
- Vegetable: Cherry Tomatoes and Seasoned Black Beans

9

- All Natural Hot Dog (DF)
- Vegetable: Local Chilled, Seasoned Green Beans

10

- Bag Lunches Inside
- Classroom

11

- Turkey Chef's Salad

12

- Bag Lunches

15

- Bag Lunches

16

- Bag Lunches

17

- Bag Lunches

18

- No Lunches Scheduled

19

22

23

24

25

26

29

30



Lunch: choice of 1% or fat-free milk
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June Aprep Snack



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Dick and Jane's Smart <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Zac Attack Bar Apple <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Skeeter Cinnamon Grahams <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Sunbutter with Celery Sticks Yogurt <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> String Cheese <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> Yogurt <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Wholegrain Goldfish Cheese Crackers with Juice <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Sunflower Seeds and <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> Multigrain Rumbles Ranch <p style="text-align: right;">11</p>	<p style="text-align: right;">12</p>
<ul style="list-style-type: none"> Goldfish Pretzels <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Z ac Attack Bar Apple <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Dick and Jane's Smart Crackers <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> String Cheese <p style="text-align: right;">18</p>	<p>No Snacks Scheduled</p> <p style="text-align: right;">19</p>
<p style="text-align: right;">22</p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>			



All snacks served with fresh fruit unless otherwise noted
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