John Kenney Child Care Center - Lunch June

Child's Name:_____ Allergies:____ Classroom:____

Monday		Tuesday		Wednesday		Thursday		Friday	
Alternate Options:	Pasta w/ sauce*						1		2
	Pasta w/ butter*					Turkey Meatballs w/ Sauce	Veggie Meatballs w/ Sauce	3x5 Pizza Square-1	Pasta w/ sauce
	Grilled Cheese*					on a Wheat Hot Dog Bun-1	on a Wheat Hot Dog Bun-1	Romaine Salad w/ Dressing-1 c.	Romaine Salad w/ Dressing-1 c.
	PB&J					Mixed Vegetables-1/2 c.	Mixed Vegetables-1/2 c.	Peach Applesauce Cup-1/2 c.	Peach Applesauce Cup-1/2 c.
						Fresh Banana-1	Fresh Banana-1	Whole Grain Bread	Whole Grain Bread
	*Not available on cold					Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
	sandwich days								
	5		6		7		8		9
Chicken Nuggets-4	Veggie Nuggets-3 oz.	Cheese Lasagna with	Cheese Lasagna with	Salisbury Steak w/ Gravy-3 oz.	Mozzarella Sticks-4	Turkey Breast on a	American Cheese on a	3x5 Pizza Square-1	Pasta w/ sauce
Corn-1/2 c.	Corn-1/2 c.	Meat Sauce- 5 oz.	Sauce- 5 oz.	Mashed Potatoes-1/2 c.	Mashed Potatoes-1/2 c.	Potato Bun-1	Potato Bun-1	Romaine Salad w/ Dressing-1 c.	Romaine Salad w/ Dressing-1 c.
Rice - 1/2 c.	Rice - 1/2 c.	Green Beans-1/2 c.	Green Beans-1/2 c.	Applesauce Cup-1/2 c.	Applesauce Cup-1/2 c.	Fresh Baby Carrots with	Fresh Baby Carrots with	Mixed Fruit Cup-1/2 c.	Mixed Fruit Cup-1/2 c.
Fresh Apple-1	Fresh Apple-1	Fresh Plum-1	Fresh Plum-1	Whole Grain Bread	Whole Grain Bread	Dip-1/2 c.	Dip-1/2 c.	Cheese Stick-1	Cheese Stick-1
Milk-6 oz.	Milk-6 oz.	Wheat Dinner Roll	Wheat Dinner Roll	Milk-6 oz.	Milk-6 oz.	Fresh Banana-1	Fresh Banana-1	Milk-6 oz.	Milk-6 oz.
		Milk-6 oz.	Milk-6 oz.			Milk-6 oz.	Milk-6 oz.		
12			13		14		15		16
Teriyaki Chicken Bites-4	Veggie Nuggets-3 oz.	All Beef Hamburger on a	Veggie Burger on a	Chicken Fingers-3	Veggie Nuggets-3 oz.	Swedish Turkey Meatballs-5	Swedish Veggie Meatballs-3	3x5 Pizza Square-1	Pasta w/ sauce
Mixed Vegetables-1/2 c.	Mixed Vegetables-1/2 c.	Wheat Bun-1	Wheat Bun-1	Sliced Carrots-1/2 c.	Sliced Carrots - 1/2 c.	Roasted Potato Medley-1/2 c.	Roasted Potato Medley-1/2 c.	Romaine Salad w/ Dressing-1 c.	Romaine Salad w/ Dressing-1 c.
Rice - 1/2 c.	Rice - 1/2 c.	Corn-1/2 c.	Corn-1/2 c.	Rice - 1/2 c.	Rice - 1/2 c.	Mandarin Orange Cup-1/2 c.	Mandarin Orange Cup-1/2 c.	Strawberry Applesauce Cup	Strawberry Applesauce Cup-1/2 c.
Pineapple Cup-1/2 c.	Pineapple Cup-1/2 c.	Fresh Apple-1	Fresh Apple-1	Fresh Banana-1	Fresh Banana-1	Whole Grain Bread	Whole Grain Bread	Italian Bread	Italian Bread
Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk - 6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
Meatloaf w/ Ketchup-3 oz.	19 Mozzarella Sticks-4	Krispy Southern Chicken	20 Veggie Nuggets-3 oz.	Sliced Turkey and Cheese	21 American Cheese on	Honey BBQ Chicken Bites-4	22 Mini Cheese Quesadilla-3	3x5 Pizza Square-1	Pasta w/ sauce
Corn-1/2 c.	Niozzarella Sticks-4 Corn-1/2 c.	Drummies-3	Green Beans-1/2 c.	on Whole Grain Bread-1	Whole Grain Bread-1	Mashed Potatoes-1/2 c.	Mashed Potatoes-1/2 c.	Romaine Salad w/ Dressing-1 c.	Romaine Salad w/ Dressing-1 c.
Fresh Apple-1	Fresh Apple-1	Green Beans-1/2 c.	Fresh Orange-1	Fresh Baby Carrots with	Fresh Baby Carrots with	Fresh Banana-1	Fresh Banana-1	Applesauce Cup-1/2 c.	Applesauce Cup-1/2 c.
Wheat Dinner Roll	Wheat Dinner Roll	Rice - 1/2 c.	Whole Grain Bread	Dip-1/2 c.	Dip-1/2 c.	Whole Grain Bread	Milk-6 oz.	Cheese Stick-1	Cheese Stick-1
Milk-6 oz.	Milk-6 oz.	Fresh Orange-1	Milk-6 oz.	Diced Peach Cup-1/2 c.	Diced Peach Cup-1/2 c.	Milk-6 oz.	WIIIK-O OZ.	Milk-6 oz.	Milk-6 oz.
Willik O OZ.	WIIIX O OZ.	Milk-6 oz.	Willix O OZ.	Milk	Milk	Will O OZ.		Will O OZ.	Willik O OZ.
26		• •••)77		28		29		30
Cheese Manicotti w/ Meat	Cheese Manicotti with	All Beef Hamburger on a	Veggie Burger on a	Chicken Fryz-3	Veggie Nuggets-3 oz.	Swedish Turkey Meatballs-5	Swedish Veggie Meatballs-3	3x5 Pizza Square-1	Pasta w/ sauce
Sauce-1	Sauce-1	Wheat Bun-1	Wheat Bun-1	Diced Carrots-1/2 c.	Diced Carrots-1/2 c.	Roasted Potato Medley-1/2 c.	Roasted Potato Medley-1/2 c.	Romaine Salad w/ Dressing-1 c.	Romaine Salad w/ Dressing-1 c.
Green Beans-1/2 c.	Green Beans-1/2 c.	Corn-1/2 c.	Corn-1/2 c.	Rice - 1/2 c.	Rice - 1/2 c.	Mandarin Orange Cup-1/2 c.	Mandarin Orange Cup-1/2 c.	Peach Applesauce Cup-1/2 c.	Peach Applesauce Cup-1/2 c.
Diced Pear Cup-1/2 c.	Diced Pear Cup-1/2 c.	Fresh Apple-1	Fresh Apple-1	Fresh Banana-1	Fresh Banana-1	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread
Italian Bread	Italian Bread	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
Milk-6 oz.	Milk-6 oz.								