

John Kenney Child Care Center - Lunch

June

Child's Name: _____

Allergies: _____

Room: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
<u>Children on Lunch ()</u>	<u>Pizza on Friday ()</u>								1
								Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing Strawberry Applesauce Cup Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.	Pasta w/ Sauce Romaine Salad w/ Dressing-1 c. Strawberry Applesauce Cup Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.
4	4	5	5	6	6	7	7	8	8
BBQ Chicken Bites-4 Corn-1/2 c. Rice - 1/2 c. Fresh Apple-1 1% White Milk-6 oz.	Veggie Nuggets-4 Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. 1% White Milk-6 oz.	Cheese Lasagna with Meat Sauce-5 oz. Green Beans-1/2 c. Whole Grain Italian Bread Fresh Orange-1 1% White Milk-6 oz.	Cheese Lasagna with Spaghetti Sauce-5 oz. Green Beans-1/2 c. Whole Grain Italian Bread Fresh Orange-1 1% White Milk-6 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1/2 c. Applesauce Cup-1/2 c. !% White Milk-6 oz.	Veggie Burger on a Whole Wheat Bun-1 Diced Carrots-1/2 c. Applesauce Cup-1/2 c. !% White Milk-6 oz.	Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing Peach Applesauce Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.	Pasta w/ Sauce Romaine Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.
11	11	12	12	13	13	14	14	15	15
Grilled Chicken Fillet w/ Gravy-3 oz. Corn-1/2 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll-1 1% White Milk-6 oz.	Veggie Chicken Fillet w/ Gravy-3 oz. Corn-1/2 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll-1 1% White Milk-6 oz.	Baked Ziti-5 oz. Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread 1% White Milk-6 oz.	Pasta w/ sauce Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread 1% White Milk-6 oz.	Beef Meatloaf w/ Ketchup-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Mozzarella Sticks-4 Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing Diced Peach Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.	Pasta w/ Sauce Romaine Salad w/ Dressing-1 c. Diced Peach Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.
18	18	19	19	20	20	21	21	22	22
All Beef Hamburger on a Whole Wheat Bun-1 Roasted Potato Medley-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	Veggie Burger on a Whole Wheat Bun-1 Roasted Potato Medley-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz. 1% White Milk-6 oz.	Veggie Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Turkey and Cheese on a Whole Grain Potato Bun-1 Celery Sticks w/ Dip-1/2 c. Fresh Orange-1 1% White Milk-6 oz.	American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Orange-1 1% White Milk-6 oz.	Grilled Chicken Bites-4 Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Veggie Nuggets-4 Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing Mandarin Orange Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.	Pasta w/ Sauce Romaine Salad w/ Dressing-1 c. Mandarin Orange Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.
25	25	26	26	27	27	28	28	29	29
Whole Grain Chicken Fries-3 Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. 1% White Milk-6 oz.	Veggie Nuggets-4 Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. 1% White Milk-6 oz.	Macaroni and Beef-5 oz. Green Beans-1/2 c. Diced Pear Cup-1/2 c. Whole Grain Bread 1% White Milk-6 oz. 1% White Milk-6 oz.	Mozzarella Sticks-4 Green Beans-1/2 c. Diced Pear Cup-1/2 c. Whole Grain Bread 1% White Milk-6 oz.	BREAKFAST FOR LUNCH		Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Veggie Meatballs with Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing Peach Applesauce Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.	Pasta w/ Sauce Romaine Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheeese Sticks-1 1% White Milk-6 oz.
				French Toast Sticks w/ Syrup-3 Beef Sausage Links-2 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Orange-1 1% White Milk-6 oz.	French Toast Sticks w/ Syrup-3 Veggie Sausage Patty-3 oz. Fresh Baby Carrots w/ Dip-1/2 c. Fresh Orange-1 1% White Milk-6 oz.				