
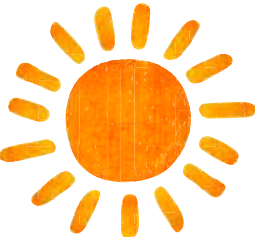


# CHEF PREPARED MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		a.m. Yogurt W/ Blueberries <b>Lean Turkey Goulash</b> <b>Toasted Pita Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. *Fresh Melon	a.m. Wheat Cheese Toast <b>Chicken Pot Pie</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>Bananas</b> p.m. *Apples & Sun Butter	a.m. Bananas <b>Vegetarian Bow Tie Lasagna</b> <b>Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>*Apple Slices</b> p.m. Pretzels & Sun Butter
6	7	8	9	10
a.m. Whole Grain Pancakes <b>Cod Filet Tacos</b> <b>On Corn Tortillas</b> <b>Coleslaw</b> <b>Peaches</b> p.m. Fruit & Grain Bars	a.m. Low Fat Yogurt <b>Spaghetti w/ Ground</b> <b>Turkey &amp; Marinara</b> <b>Garlic Bread</b> <b>Mixed Vegetables</b> <b>Apple Sauce</b> p.m. Rice Cakes	a.m. Chex Cereal and Milk <b>Meatloaf &amp; Mashed</b> <b>Potatoes</b> <b>Wheat Bread</b> <b>Corn</b> <b>Mixed Fruit</b> p.m. *Apple Slices	a.m. English Muffins & Sun Butter <b>Chicken Noodle Casserole</b> <b>Garlic Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>*Fresh Melon</b> p.m. Cucumbers/ *Carrots & Low Fat Ranch	a.m. Warm Cinnamon *Apples <b>Veggie Stir fry</b> <b>W/ Brown Rice</b> <b>Snap Peas</b> <b>Mandarin Oranges</b> p.m. Cheese & *Tomato Quesadilla
13	14	15	16	17
a.m. Bagels & Cream Cheese <b>Green Chile Chicken</b> <b>Casserole</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Cheese Slices & Whole Wheat Crackers	a.m. Sausage Biscuit <b>Lite Chicken Divan</b> <b>Wheat Bread</b> <b>Corn &amp; Fresh *Tomato</b> <b>Pears</b> p.m. English Muffin Pizzas	a.m. Fruit Muffins <b>Bow Tie Lasagna Bake</b> <b>Garlic Bread</b> <b>*Broccoli</b> <b>Mandarin Oranges</b> p.m. Bananas	a.m. Yogurt with Blueberries <b>Chicken Chili</b> <b>W/ Brown Rice</b> <b>Carrots</b> <b>*Apple Slices</b> p.m. *Fresh Melon	a.m. Whole Grain Fig Bars <b>*Broccoli Cheese Soup</b> <b>Toasted Pita Bread</b> <b>Peas</b> <b>Bananas</b> p.m. Sun butter & Jam Sandwich Squares
20	21	22	23	24
a.m. Chex Cereal Squares <b>Chicken, Spinach and</b> <b>Cheese Enchiladas</b> <b>Refried Pinto Beans</b> <b>Asparagus</b> <b>Apple Sauce</b> p.m. Baked Cheese Itz Crackers	a.m. Low Fat Yogurt <b>Grilled Chicken &amp; Cheese</b> <b>Pita Sandwich</b> <b>Cauliflower</b> <b>*Fresh Watermelon</b> p.m. Rice Cakes	a.m. Bananas <b>Turkey &amp; Cheese Toasted</b> <b>Sandwiches</b> <b>On Wheat Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>Mixed Fruit</b> p.m. Crackers, Cheese & Pepperoni Slices	a.m. Cinnamon Toast <b>Pinto Bean Chili</b> <b>W/ Corn Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples <b>Three Bean soup</b> <b>Toasted Pita Bread</b> <b>Peas &amp; Carrots</b> <b>Peaches</b> p.m. English Muffin w/ Sun butter & Bananas Slices
27	28	29	30	
a.m. Whole Grain Waffles <b>Cod fish filet</b> <b>w/ Spanish Rice</b> <b>Snap Peas</b> <b>Pears</b> p.m. Pretzels & Sun Butter	a.m. Cinnamon Biscuits <b>Beef and Fresh *Tomato</b> <b>Bake</b> <b>Pinto Beans</b> <b>Coleslaw</b> <b>Pineapple</b> p.m. Baked Cheese Itz Crackers	a.m. Fruit and Yogurt Parfait <b>Chicken Noodle Soup</b> <b>Toasted Pita Bread</b> <b>Corn &amp; *Fresh Tomato</b> <b>Mandarin Oranges</b> p.m. *Fresh Melon	a.m. Wheat Cheese Toast <b>Turkey Tetrizzini Casserole</b> <b>Wheat Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>Bananas</b> p.m. *Apples & Sun Butter	



June  
2022

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

\* **Indicates local Farm Fresh Options**

