



Main Lunch Menu – Wheat & Soy Free

June 2025

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
June 2 Turkey Sandwich on GF Bun Carrot Sticks (Chic Peas) Fruit Cocktail Milk	June 3 Walking Taco” Taco Beef Rice Corn Mandarin Oranges Milk	June 4 Chicken & Cheddar Rice Bake Brown Rice, Chicken and Cheddar Cheese Fresh Broccoli (Peas) Peaches Milk	June 5 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese GF Dinner Roll Blueberries	June 6 Turkey Sausage GF Bagel Carrots Whole Apple (Fruit Cocktail) Milk
June 9 Grilled Chicken American Cheese GF Sandwich Bun Carrots Blueberries Milk	June 10 Grilled Chicken Cooked Carrots Ketchup Mandarins and Strawberries Milk	June 11 Turkey Sandwich on GF Bun Fresh Broccoli (Chic peas) Applesauce Milk	June 12 Sunbutter & Grape Fruit Spread Sandwich on WGR Bread Carrot Sticks (Chic Peas) Fruit Cocktail Milk	June 13 GF Pasta w. Meat Sauce Peas Peaches Milk
June 16 Turkey Sandwich on GF Bread Carrot Sticks (Chic Peas) Mandarins Milk	June 17 Turkey Sausage Rice Carrots Fruit Milk	June 18 Grilled Chicken Mixed Vegetables Rice Orange Slices (Mandarins) Milk	June 19 100% Beef Patty GF Bun Green Beans Ketchup Blueberries Milk	June 20 Sunbutter & Grape Fruit Spread Sandwich on GF Bread Fresh Broccoli Dressing (Cucumbers) Whole Apple (Peaches) Milk
June 23 Turkey Ham Sandwich on GF Bun Carrot Sticks (Chic Peas) Fruit Cocktail Milk	June 24 Grilled Chicken Rice Carrots Peaches Milk	June 25 Balsamic Chicken Brown Rice Celery (Diced Tomatoes) Mandarins and Strawberries Milk	June 26 GF Pasta w. Meat Sauce Peas Blueberries Milk	June 27 Turkey Sandwich on GF Bun Fresh Broccoli (Cucumbers) Whole Apple (Peaches) Milk
June 30 Turkey Sausage Rice Carrots Fruit Cocktail Milk	July 1 Turkey Sandwich on GF Bread Carrot Sticks (Chic Peas) Mandarins Milk	July 2 Chicken BBQ GF Sandwich Bun Carrots Orange Slices (Mandarins) Milk BBQ Lunch	July 3 SunButter & Grape Fruit Spread Sandwich on GF Bread String Cheese Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk	July 4 Happy 4th of July

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries