



Main Lunch Menu – Dairy & Egg 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 Alternative (*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 Alternative (*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 Alternative

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

Monday	Tuesday	Wednesday	Thursday	Friday
June 2 Turkey Sandwich on WGR Bun Carrot Sticks (Chic Peas) Fruit Cocktail Milk Alternative	June 3 Taco Beef WG Tortilla Corn Mandarin Oranges Milk Alternative	June 4 Grilled Chicken Brown Rice Fresh Broccoli (Peas) Peaches Milk Alternative	June 5 Grilled Chicken Romaine Lettuce Italian Dressing Dinner Roll Blueberries	June 6 Turkey Sausage WGR Bagel Diced Breakfast Potatoes Whole Apple (Fruit Cocktail) Milk Alternative
June 9 Grilled Chicken Sandwich WGR Sandwich Bun Carrots Blueberries Milk Alternative	June 10 WGR Chicken Fingers Cooked Carrots Ketchup Mandarins and Strawberries Milk Alternative	June 11 Turkey Sandwich on WGR Bun Fresh Broccoli (Chic peas) Applesauce Milk Alternative	June 12 Sunbutter & Grape Fruit Spread Sandwich on WGR Bread Carrot Sticks (Chic Peas) Fruit Cocktail Milk Alternative	June 13 Pasta w. Meat Sauce Peas Peaches Milk Alternative
June 16 Turkey Sandwich on WGR Bread Carrot Sticks (Chic Peas) Mandarins Milk Alternative	June 17 Turkey Sausage WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Fruit Milk Alternative	June 18 Grilled Chicken Mixed Vegetables WG Dinner Roll Orange Slices (Mandarins) Milk Alternative	June 19 Turkey Burger on WGR Bun Green Beans Ketchup Blueberries Milk Alternative	June 20 Sunbutter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Cucumbers) Whole Apple (Peaches) Milk Alternative
June 23 Turkey Ham Sandwich on WGR Bun Carrot Sticks (Chic Peas) Fruit Cocktail Milk Alternative	June 24 WGR Chicken Fingers Cooked Carrots Peaches Milk Alternative	June 25 Balsamic Chicken Brown Rice Celery (Diced Tomatoes) Mandarins and Strawberries Milk Alternative	June 26 Pasta w. Meat Sauce Peas Blueberries Milk Alternative	June 27 Turkey Sandwich on WGR Bun Fresh Broccoli (Cucumbers) Whole Apple (Peaches) Milk Alternative
June 30 Turkey Sausage Vegan French Toast Sticks Breakfast Potatoes Fruit Cocktail Milk Alternative	July 1 Turkey Sandwich on WGR Bread Carrot Sticks (Chic Peas) Mandarins Milk Alternative	July 2 Chicken BBQ WGR Sandwich Bun Carrot sticks Orange Slices (Mandarins) Milk Alternative BBQ Lunch	July 3 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk Alternative	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