








MON	TUE	WED	THUR	FRI
2 Chicken Breast Chunks Brown Rice on Chicken stock/broth Skillet Zucchini and Yellow Squash Unsweetened Applesauce	3 Ground Beef with Veggies (Organic Peas, Sweet Corn and Carrots) and Fresh Mash Potato Seasonal Fresh Fruit	4 Baked Cheesy Chicken Taquito Buttery Sweet Corn Salad with Lime and Sour Cream Sauce Seasonal Fresh Fruit	5 Perfect Beef Bolognese Pasta with Enriched Bolognese Beef Sauce plus Carrots Shredded Parmesan Cheese on top Seasonal Fresh Fruit	6  PIZZA
9 Chicken Alfredo Pasta with Organic Broccolis and Shredded Cheese on top Unsweetened Applesauce	10 Lean ground Beef with Steamed Baby Carrots Enriched Basmati White Rice and Plantains Seasonal Fresh Fruit	11 Homemade Chicken Lasagna with Carrots and Spinach-Ricotta Dinner Roll on the side Seasonal Fresh Fruit	12 Oven-Baked Chicken Bites Roasted Potato Medley Steamed Baby Carrots Seasonal Fresh Fruit	13  PIZZA
16 Roasted Diced Chicken Breast Fresh Mashed Potato Buttery Corn and Edamame Unsweetened Applesauce	17 Chicken Quesadilla Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns and Baby Carrots on the side Seasonal Fresh Fruit	18 Breaded Fish/Fish Sticks Enriched Basmati White Rice Steamed Baby Carrots Seasonal Fresh Fruit	19 NO SCHOOL Juneteenth	20  PIZZA
23 Creamy Pumpkin Alfredo Pasta with Breaded Chicken Unsweetened Applesauce	24 Homemade Tempura Chicken Nuggets Steamed Baby Carrots Yellow Basmati Rice with Quinoa Seasonal Fresh Fruit	25 Creamy Mac & Cheese (with Butternut Squash on the Sauce) and oven baked Meatballs Seasonal Fresh Fruit	26 Burger Party Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Potato Tots with Cauliflower Seasonal Fresh Fruit	27  PIZZA
30 Creamy Polenta Bolognese with Enriched Bolognese Beef Sauce plus Carrots Shredded Parmesan Cheese on top Unsweetened Applesauce				

MON	TUE	WED	THUR	FRI
2 Chicken Breast Chunks Brown Rice on Chicken stock/broth Veggie Mix with Skillet Zucchini Carrots, Broccoli and Yellow Squash Unsweetened Applesauce	3 Shepherd's Pie with Ground Beef Organic Peas and Carrots and Fresh Mash Potato Baked with Bread Crumbles on top Seasonal Fresh Fruit	4 Chicken in Barbecue Sauce Steamed Baby Carrots Enriched Basmati Yellow Rice Seasonal Fresh Fruit	5 Spaghetti Bolognese Green Salad (Spinach, Romaine) Italian or Ranch Dressing Steamed Baby Carrots Garlic Bread Seasonal Fresh Fruit	6  PIZZA
9 Chicken Alfredo Pasta with Organic Broccolis and Shredded Cheese on top Unsweetened Applesauce	10 Breaded Fish/Fish Sticks Ketchup Cucumber Slices Soft Roll Seasonal Fresh Fruit	11 Sliced Turkey Steamed Baby Carrots Mashed Potato Corn Muffin Seasonal Fresh Fruit	12 Diced Chicken Brown Rice on Chicken stock/broth Green Peas Seasonal Fresh Fruit	13  PIZZA
16 Baked Diced Chicken Fresh Mashed Potato Steamed Broccoli Whole Grain Bread Butter or Marg Unsweetened Applesauce	17 Chicken Tetrizzini Pasta Fresh Tomato Slices Seasonal Fresh Fruit	18 Breaded Fish/Fish Sticks Steamed Baby Carrots Soft Roll Ketchup Seasonal Fresh Fruit	19 NO SCHOOL Juneteenth	20  PIZZA
23 Homemade Chicken Lasagna with Carrots and Spinach-Ricotta Dinner Roll on the side Unsweetened Applesauce	24 Homemade Tempura Chicken Nuggets Ketchup Steamed Broccoli 100% Whole Grain Bread Butter or Marg Seasonal Fresh Fruit	25 Cheeseburger Green Peas Bun Mustard, Mayo, Ketchup Seasonal Fresh Fruit	26 TACO PARTY Diced Chicken, Shredded Cheese Shredded Lettuce, Diced Tomato Sweet Corn, Black Beans Corn or Flour Tortillas Corn Seasonal Fresh Fruit	27  PIZZA
30 Chicken Breast Chunks Brown Rice on Chicken stock/broth Skillet Zucchini and Yellow Squash Unsweetened Applesauce				