

The Children's Center JUNE 2023 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>National "Go Barefoot" Day</i>	2 LAST DAY - FRANKLIN HS
				Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk
			Breakfast: Pancakes, Applesauce, Milk Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk Snack: String Cheese, Strawberry Yogurt Chex, Water	Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk Snack: Tortilla Chips, Salsa, Milk
5 LAST DAY - SUFFOLK HS	6 HS CLOSED	7 HS CLOSED	8 HS CLOSED BOARD MEETING	9 HS CLOSED
Breakfast pizza, mandarin Oranges, Milk Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	Breakfast: French Toast Sticks, Pineapple, Milk Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk 	Breakfast: Cheerios, peaches, Milk Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk Snack: Warm wheat biscuit, **chef's choice fruit** and water	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Ham on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk Snack: Whole Grain Cheez - Its, Cantaloupe and Water	 Breakfast: Chicken Sausage Link and Hash brown, Milk Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk Snack: Whole Wheat Tortilla Pizza and Water
12 HS CLOSED	13 HS CLOSED	14 HS CLOSED	15 HS CLOSED	16 HS CLOSED Last Day EHS
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk Snack: Vanilla Yogurt, pineapple and water	Breakfast: Kix, Mandarin Oranges, Milk Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and Milk Snack: Cantaloupe and Cottage Cheese with water	 Breakfast: Vanilla Yogurt , pineapple, Milk Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and Milk Snack: Mandarin Oranges and Milk	Breakfast: Whole Grain Waffles, bananas, Milk Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk Snack gold fish crackers and Milk	Breakfast: French toast sticks, **chef's choice fruit** and Milk Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk Snack: String Cheese, Strawberry Yogurt Chex, Water
19 All Centers Closed	20 EHS/HS CLOSED	21 EHS/HS CLOSED	22 EHS/HS CLOSED	23 EHS/HS CLOSED
	Breakfast: Whole Grain Waffles, pineapple and Milk Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk Snack: Peaches, Whole Grain Cheez Its and water	Breakfast: Kix, **chef's choice fruit**, and Milk Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk Snack: Apples and Milk	Breakfast: Grits, pears and Milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk Snack: Vanilla Yogurt, Pineapple, Water	 Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk Snack: String Cheese, Strawberry Yogurt Chex, Water
26 EHS/HS CLOSED	27 POLICY COUNCIL EHS/HS CLOSED	28 EHS/HS CLOSED	29 EHS/HS CLOSED	30 EHS/HS CLOSED EHS OPEN HOUSE
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk Snack: Vanilla Yogurt, Pineapple, Water	Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk 	Breakfast: Chicken Sausage Link, Hashbrowns and Milk Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk Snack: Cheese Sandwich on wheat bread and water	 Breakfast: Breakfast Pizza, pears, Milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk Snack: Goldfish Crackers, Milk

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat and 100% fruit juice is used.

"This institution is an equal opportunity provider and employer"

*Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods