

HELLO JUNE

The Children's Center JUNE 2026 Menu One to Five Years Old - Chef's Choice Menu

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Breakfast pizza, mandarin Oranges, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk 	Breakfast: Overnight Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Chicken Sausage Link and Hash brown, Milk
Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk			Lunch: Hamburger w/cheese on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
Snack: Ritz crackers, cheese, water	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk Snack: Tuna Salad on Whole Grain Bread, Water	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk Snack: Warm wheat biscuit, **chef's choice fruit** and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Whole Wheat Tortilla Pizza and Water
8	9 Last Day Head Start - Suffolk	10 Last Day of Head Start - Franklin	11 Last Day of HS - SOCO and SMFD Board Meeting	12 HS Closed
Breakfast: Overnight Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Kix, Mandarin Oranges, Milk	Breakfast: Vanilla Yogurt , pineapple, Milk	Breakfast: Whole Grain Waffles, bananas, Milk 	Breakfast: French toast sticks, **chef's choice fruit** and Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w/Ranch dressing, **chef's choice fruit** Milk	Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and Milk	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk Snack: Gold fish crackers and Milk	Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk		Snack: Shredded Wheat Bites, Milk
15 HS Closed Last Day EHS - Suffolk Centers	16 HS Closed Last Day EHS (Franklin/SOCO/SMFD)	17 EHS/HS CLOSED	18 EHS/HS CLOSED	19 All Centers Closed
Breakfast: Cheese with wheat toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk	Breakfast: Whole Grain Waffles, pineapple and Milk	Breakfast: Kix, **chef's choice fruit**, and Milk	Breakfast: Grits, pears and Milk	
Snack: Tortilla Chips, Salsa, Milk	Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk	Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/wheat roll, Milk	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk	
 National Flag Week	Snack: Peaches, Whole Grain Cheez Its and water	Snack: Apples and Milk	Snack: Vanilla Yogurt, Pineapple, Water	
22 EHS/HS CLOSED	23 EHS/HS CLOSED	24 EHS/HS CLOSED	25 EHS/HS CLOSED EHS OPEN HOUSE	26 EHS/HS CLOSED
Breakfast: Overnight Oatmeal, Mango/ Peach/Pineapple Blend, Milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w/Ranch dressing, **chef's choice fruit** Milk Snack: Vanilla Yogurt, Pineapple, Water 	Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk Snack: Whole Wheat Tortilla Pizza and Water	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
29 EHS/HS CLOSED	30 POLICY COUNCIL EHS/HS CLOSED			
Breakfast: Hot Whole Grain Biscuit, peaches, Milk Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk Snack: Honey Dew Melon, Milk	Breakfast: Kix, pineapple, Milk Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream, ^green beans, Milk Snack: Saltine crackers, cheese, water			

* 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 at 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