



June 2025

LUNCH & SNACK MENU

GF – Gluten Free		DF – Dairy Free	V – Vegetarian	EF– Egg free
<p>2 Overnight oats GF DF V EF</p> <p>Turkey Chili stew</p> <p>Rice GF DF V EF</p> <p>Fruit</p> <p>*Tofu</p> <p>Pretzels & Spinach Dip V</p>	<p>3 Yogurt & Fruit V EF</p> <p>Bean & Cheese Taco V EF</p> <p>Rice GF DF V EF</p> <p>Fruit</p> <p>White Bean Dip with Veggie straws GF DF V EF</p>	<p>4 Veggie Frittata V</p> <p>Pancakes DF</p> <p>Bacon GF DF EF</p> <p>Hashbrowns</p> <p>fruit</p> <p>Turkey Sandwich</p>	<p>5 Chia Fruit Pudding GF DF V EF</p> <p>Beef Stroganoff</p> <p>Buttered Noodles V</p> <p>Peas GF DF V EF</p> <p>Fruit</p> <p>Apple Sauce & Cheese GF V EF</p>	<p>6 Blueberry Muffin V</p> <p>Chicken Tenders</p> <p>Mac N Cheese V</p> <p>Green Beans DF V EF</p> <p>Fruit</p> <p>*Chicken</p> <p>Fruit & Trail mix DF V EF</p>
<p>9 Cereal & Fruit</p> <p>Fish Sticks DF</p> <p>Mashed Potatoes V</p> <p>Peas & Carrots GF DF V EF</p> <p>Fruit</p> <p>*Veggie Sticks</p> <p>Graham Crackers with Fruit</p>	<p>10 Cottage Cheese /Fruit GF V EF</p> <p>Beef soft Tacos EF Rice & Beans GF DF V</p> <p>Fruit</p> <p>*Cheese</p> <p>Hummus & Veggies GF DF V EF</p>	<p>11 Breakfast Taco V EF</p> <p>Meatballs DF</p> <p>Potato Salad GF DF V EF</p> <p>Tomatoes & Cucumbers</p> <p>Fruit</p> <p>Fruit & Cheese GF V EF</p>	<p>12 Berry Smoothie Bowl GF V EF</p> <p>Pasta Marinara V</p> <p>Broccoli GF DF V EF</p> <p>Breadstick</p> <p>Fruit</p> <p>Soft Fruit Granola Bar V EF</p>	<p>13 Zucchini Muffin V</p> <p>Cheese Pizza Day!!!</p> <p>Fresh Veggie Salad GF DF V EF</p> <p>Fruit</p> <p>Ranch dip with veggie straws GF DF V EF</p>
<p>16 Overnight Oats GF DF V EF</p> <p>Shepherd's Pie</p> <p>Fruit</p> <p>*Veggie Shepherd's Pie</p> <p>Cucumber & Cream Cheese Sandwiches</p>	<p>17 French toast & fruit GF DF V EF</p> <p>Chicken Burrito Bowl DF EF</p> <p>Fruit</p> <p>*Bean</p> <p>Rice Cakes & Sunbutter GF DF V EF</p>	<p>18 Veggie Frittata GF V</p> <p>Salmon Cakes DF</p> <p>Roast Zucchini GF DF V EF</p> <p>Fruit</p> <p>Graham Crackers & Fruit DF V EF</p>	<p>19</p> <p>Happy Juneteenth!!!</p>	<p>20 Mixed Berry Muffin V</p> <p>Pulled Pork DF EF</p> <p>Tater Tote GF DF V EF</p> <p>Fruit</p> <p>*Jackfruit</p> <p>Cheese, Crackers, & fruit V EF</p>
<p>23 Chia Fruit Pudding GF DF V EF</p> <p>Turkey Meatloaf</p> <p>Scalloped Potatoes GF V EF</p> <p>Green Beans GF DF V EF</p> <p>Fruit</p> <p>*Tofurkey Loaf</p> <p>Apple Sauce & Cheese GF V EF</p>	<p>24 Cottage Cheese /Fruit GF V EF</p> <p>Cheese Enchiladas V EF</p> <p>Rice & Beans GF DF V EF</p> <p>Fruit</p> <p>*Soft Fruit Granola Bar V EF</p>	<p>25 Sweet Potato Sausage Hash GF EF</p> <p>Orange Chicken DF</p> <p>Veggies GF DF V EF</p> <p>Rice GF DF V EF</p> <p>Fruit</p> <p>Fruit & Cheese GF V EF</p>	<p>26 Berry Smoothie Bowl GF V EF</p> <p>Italian Beef GF DF EF</p> <p>Tater Tots DF V EF</p> <p>Veggies DF V</p> <p>Fruit</p> <p>*Veggie</p> <p>Soft Fruit Granola Bar V EF</p>	<p>27 Lemon Muffin V</p> <p>Cheese Pizza Day!!!</p> <p>Fresh Veggie Salad GF DF V EF</p> <p>Fruit</p> <p>Ranch dip with veggie straws GF DF V EF</p>
<p>30 Cereal & Fruit DF V</p> <p>King Ranch Chicken GF</p> <p>Green Beans GF DF V EF</p> <p>Fruit</p> <p>*Veggies with White Bean Dip GF DF V EF</p>			<p>All Veggies in PM snacks</p> <p>Infants – 2's will be steamed</p>	