

HOT BREAKFAST

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 27 Whole Wheat Confetti Pancake, Orange , 1% milk/choc milk****	MAY 28 Breakfast Combo, (Whole Wheat Tortilla) (DF) Apple , 1% milk/choc milk****	MAY 29 Scrambled Eggs, Turkey links, (DF) Clementine , 1% milk/choc milk****	MAY 30 Bagel with Cream Cheese Banana , 1% milk/choc milk****	MAY 31 Pancakes with maple syrup, Apple , 1% milk/choc milk
3 French toast sticks with maple syrup, Orange , 1% milk/choc milk	4 Blueberry Waffle with maple syrup, Apple , 1% milk/choc milk	5 Breakfast Combo, (Whole Wheat Tortilla) (DF) Clementine , 1% milk/choc milk****	6 English Muffin with Turkey Sausage, Cheese. Banana , 1% milk/choc milk****	7 Whole Wheat Fournalia Omelet, Apple , 1% milk/choc milk****
10 Pancake Whole Wheat with Maple Syrup, Orange , 1% milk/choc milk****	11 French Toast Sticks With Maple Syrup Apple , 1% milk/choc milk****	12 Frittata: Turkey Bacon and Cheese, (DF) Clementine , 1% milk/choc milk****	13 Bagel with Cream Cheese Banana , 1% milk/choc milk****	14 Eggs patty, Ranchero sauce/whole wheat Bread Apple , 1% milk/choc milk****
17 Pancakes with Maple Syrup Orange , 1% milk/choc milk****	18 Breakfast Burrito, Eggs, mozzarella cheese. (Whole Wheat Tortilla) (DF) Apple , 1% milk/choc milk****	19 Egg & Cheese Croissant Sandwich, Clementine , 1% milk/choc milk****	20 Fried egg topping w/ranchera sauce, whole wheat toast, Banana , 1% milk/choc milk****	21 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Apple , 1% milk/choc milk****
24 Pancakes With Maple Syrup Orange , 1% milk/choc milk****	25 Egg & Cheese Croissant Sandwich, Apple , 1% milk/choc milk****	26 Scrambled eggs, Whole wheat toast Clementine , 1% milk/choc milk****	27 English Muffin with Turkey Sausage, cheese Banana , 1% milk/choc milk****	28 Bagel with Cream Cheese Apple , 1% milk/choc milk****

****Pre-K kids can only have 1% Milk according to DESE regulations.

Cold Breakfast

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 27 Apple Cinnamon Cheerios Cereal Orange, 1% milk/choc milk****	MAY 28 Cocoa Puffs Cereal Apple, and 1% milk/choc milk****	MAY 29 Cocoa Puffs Cereal, Clementine, 1% milk/choc milk****	MAY 30 Blueberry Chex Cereal Banana, 1% milk/choc milk****	MAY 31 Blueberry muffin, Apple, 1% milk/choc milk
3 Cinnamon Toast Cereal, Orange, 1% milk/choc milk	4 Cocoa Puffs Cereal, Apple, 1% milk/choc milk	5 Apple Cinnamon Cheerios Cereal, Clementine, and 1% milk/choc milk	6 Honey Cheerios Cereal Banana, 1% milk/choc milk****	7 Chocolate Chip Muffin, Apple, 1% milk/choc milk****
10 Blueberry Chex Cereal, Orange, 1% milk/choc milk****	11 Apple Cinnamon Cheerios Cereal Apple, 1% milk/choc milk****	12 Cocoa Puffs Cereal, Clementine, 1% milk/choc milk****	13 Blueberry muffin, Banana, 1% milk/choc milk****	14 Cinnamon Toast Cereal, Apple, 1% milk/choc milk****
17 Cinnamon Toast Cereal, Orange, and 1% milk/choc milk****	18 Chocolate Chip Muffin, Apple, 1% milk/choc milk****	19 Blueberry Chex Cereal, Clementine, 1% milk/choc milk****	20 Cinnamon Toast Cereal, Banana, 1% milk/choc milk****	21 Cocoa Puffs Cereal, Apple, 1% milk/choc milk****
24 Cocoa Puffs Cereal, Orange, 1% milk/choc milk****	25 Blueberry Chex Cereal, Apple, 1% milk/choc milk****	26 Pop Tart, strawberry Frosted, 1 mozzarella stick, Clementine, 1% milk/choc milk****	27 Cocoa Puffs Cereal Banana, 1% milk/choc milk****	28 Cinnamon Toast Cereal, Apple, 1% milk/choc milk****

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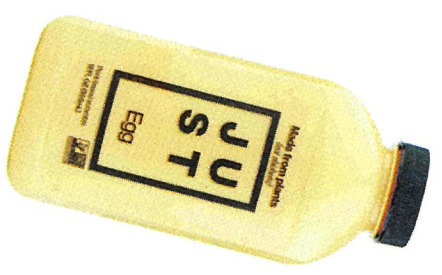
DAIRY-FREE EGG-FREE BREAKFAST JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
MAY 27, JUNE 3 & 17 Whole Wheat Bagel with Jelly (assorted flavors), Orange , Dairy/Lactose-Free Milk	MAY 28, JUNE 4 & 18 Egg** Burrito with Salsa (Whole Wheat), Apple , Dairy/Lactose-Free Milk	MAY 29, JUNE 5 & 19 Dairy-Free Cereal, Clementine , Dairy/Lactose-Free Milk	MAY 30, JUNE 6 & 20 Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana , Dairy/Lactose-Free Milk	MAY 31, JUNE 7 & 21 Dairy-Free Cereal, Apple , Dairy/Lactose-Free Milk
10 & 24 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange , Dairy/Lactose-Free Milk	11 & 25 Dairy-Free Cereal, Apple , Dairy/Lactose-Free Milk	12 & 26 Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine , Dairy/Lactose-Free Milk	13 & 27 Dairy-Free Cereal Banana , Dairy/Lactose-Free Milk	14 & 28 Egg** in a Whole Wheat Bagel Sandwich, Apple , Dairy/Lactose-Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



Hot Lunch Menu

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 27 Chicken soft Taco , Whole Wheat Tortilla and Carrots, Apple , 1% milk/choc milk****	MAY 28 Chicken Carnitas, Enriched White Rice, Corn and red pepper , Clementine , 1% milk/choc milk****	MAY 29 Black Beans, Enriched White Rice, Green Beans Orange , 1% milk/choc milk****	MAY 30 Chicken Alfredo Enriched Pasta, Broccoli, Apple , 1% milk/choc milk****	MAY 31 Pizza day!!! Baby Carrots, Banana , 1% milk/choc milk
3 Mini Chicken corn Dog, mashed potato, roasted carrots, Apple , 1% milk/choc milk	4 Burger Day!!! Beef Patty, american cheese, Whole Wheat bun, mix veggie . Clementine , 1% milk/choc milk	5 Peruvian Chicken with Enriched white rice and quinoa carrot , corn. Orange , 1% milk/choc milk	6 Creole Chicken, lima bean Brown rice, green beans. Apple , 1% milk/choc milk****	7 Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea, Banana , 1% milk/choc milk****
10 Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple , 1% milk/choc milk**** .	11 W.W. Penne pasta with Beef meatballs, Marinara Sauce, broccoli Clementine , 1% milk/choc milk****	12 Brazilian Grilled Chicken, Brazilian enriched w. rice(pea,corn, carrots, raisin) And Green Beans, Orange 1% milk/choc milk****.	13 Jerk Chicken, Pigeon enriched rice, Refried beans Plantains, Apple , 1% milk/choc milk****	14 Pizza day!!! Mixed Veggies, Banana , 1% milk/choc milk****
17 Breakfast For Lunch!!! Pancakes, Tater tots, Sausage and Carrots. Apple 1% milk/choc milk****	18 Lemon Roasted Chicken, Cilantro Brown rice, Corn Clementine , 1% milk/choc milk****	19 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Orange , 1% milk/choc milk****	20 Teriyaki Chicken, Rice Noodle Mixed Veggies, Apple , 1% milk/choc milk****	21 Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. Banana , 1% milk/choc milk****
24 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Apple , 1% milk/choc milk****	25 Ranch Chicken with Enriched Whole Wheat Pasta and Broccoli, Clementine , 1% milk/choc milk****	26 Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn. Orange , 1% milk/choc milk****	27 Dominican chicken, Enriched Spanish Rice, Green Beans. Apple , 1% milk/choc milk****	28 Pizza day!!! Mixed Veggies, Banana , 1% milk/choc milk****

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Cold Lunch

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAY 27</p> <p>Picy Lemon Hummus, WW Pita Bread and Garden Salad, Apple, 1% milk/choc milk***</p>	<p>MAY 28</p> <p>Salvadorian Chicken sandwich Chicken, Cabbage, Carrots, w.. bread, Clementine, 1% milk/choc milk***, Contains: Mayo</p>	<p>MAY 29</p> <p>Egg Salad Sandwich: WW Bread, Lettuce, Baby Carrots, Tomato Orange, 1% milk/choc milk***</p>	<p>MAY 30</p> <p>Turkey deli with Cheddar Cheese Sandwich: WW Bread, Cheddar Cheese, Grape Tomato, Cucumber, Baby Carrots, Apple, 1% milk/choc milk***</p>	<p>MAY 31</p> <p>Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole- wheat- dinner rolls, Italian dressing, Banano, 1% milk/choc milk</p>
<p>3</p> <p>Lunch Box Salad: Turkey cubes, Cheese cubes, Pretzel bites, Celery, Cherry Tomatoes, Cucumber. Apple, 1% milk, choc milk.</p>	<p>4</p> <p>BBQ Chicken, quinoa sweet potato, red pepper, spinach, w.w. Dinner rolls. Clementine, 1% milk/choc milk.</p>	<p>5</p> <p>Jerk chicken salad with Italian dressing, lettuce, cabbage, carrots, whole wheat dinner roll, Orange, and 1% milk/choc milk</p>	<p>6</p> <p>Chicken Chipotle wrap: chicken, lettuce, baby carrots, whole-wheat tortilla, dressing Apple, 1% milk/choc milk***</p>	<p>7</p> <p>Fiesta salad: Boiled eggs, Black beans, tomato, carrots, whole-wheat- dinner rolls, Italian dressing. Banano, 1% milk/choc milk</p>
<p>10</p> <p>Farm salad: Boiled eggs, lettuce, tomato, carrots, whole-wheat- dinner rolls, Italian dressing, Apple, 1% milk/choc milk***.</p>	<p>11</p> <p>Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla Clementine, 1% milk/choc milk***.</p>	<p>12</p> <p>Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast, Mixed Veggie potato salad. Orange, 1% milk/choc milk***, Contains: Mayo</p>	<p>13</p> <p>Chicken Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, WW Dinner Roll, Ranch Dressing Apple, 1% milk/choc milk***</p>	<p>14</p> <p>Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banano, 1% milk/choc milk***.</p>
<p>17</p> <p>Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, Apple, 1% milk/choc milk***, Contains: Mayo</p>	<p>18</p> <p>DELI Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine, 1% milk/choc milk***</p>	<p>19</p> <p>Pimento Cheese sandwich,spinach, lettuce tomato, W.W.Bread. Orange, 1% milk/choc milk***</p>	<p>20</p> <p>Grilled chicken with whole wheat pasta salad, corn Spinach, orange dressing, Apple, 1% milk/choc milk***.</p>	<p>21</p> <p>Mediterranean Salad Lettuce,tomato, chickpea, bell peppers, cucumber,Mini pita breads,Balsamic Vinaigrette, Banano, 1% milk/choc milk***</p>
<p>24</p> <p>Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole- wheat- dinner rolls, Italian dressing Apple, 1% milk/choc milk***.</p>	<p>25</p> <p>Grilled Chicken salad, apple, broccoli slaw, carrots, lettuce,Puplke seed, French Dressing,Clementine, 1% milk/choc milk***</p>	<p>26</p> <p>Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, Orange, 1% milk/choc milk***</p>	<p>27</p> <p>Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple, 1% milk/choc milk***.</p>	<p>28</p> <p>Taco salad, black beans, chickpea, corn, cherry tomato, lettuce, WW tortilla chip, 100 island dressing. Banano, 1% milk/choc milk***</p>

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Vegetarian Menu

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 27 Black Beans and Cheese Tacos, corn, Apple 1% milk/choc milk****	MAY 28 Vegan Base carnitas, Enriched White Rice, And corn and red pepper/Clementine, 1% milk/choc milk****	MAY 29 Black Beans, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk****	MAY 30 Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk****.	MAY 31 Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Banana, 1% milk/choc milk
3 Vegan corn dog, Mashed Potatoes and Roasted Carrots and WW Dinner Roll, Apple, 1% milk/choc milk	4 Veggie burger Squares, mix veggie, Whole wheat dinner roll, Clementine, 1% milk/choc milk.	5 Black Beans, Enriched Carrot quinoa Rice, and Corn, Orange, 1% milk/choc milk.	6 Vegan creole Chicken with Lima bean brown Rice, and Corn, Apple, 1% milk/choc milk****	7 Vegan Beef totchos (Tater Tots Nachos), W.W.Crackers, green pea, Banana, 1% milk/choc milk****
10 Veggie Chicken Nuggets, Mashed Potatoes, WW Dinner Roll and Carrots, Apple, 1% milk/choc milk****	11 W.W Penne Pasta with Falafel balls , broccoli, marinara sauce, Clementine, 1% milk/choc milk****	12 Boiled Hard Egg in tomato sauce, Brazilian Enriched rice(pea, corn, carrots, raisin) green beans, Orange, 1% milk/choc milk****	13 Jerk Vegan Chicken, pigeon Enriched rice, refried bean, plantains Apple, 1% milk/choc milk****	14 Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk****.
17 Breakfast for Lunch!!! Pancakes with a Cheese Stick, Apple, 1% milk/choc milk****	18 Lemon Chicken, Cilantro brown rice, corn . Clementine, 1% milk/choc milk****.	19 Hard Boiled Egg, Baked potatoes(Sweet and White) lemon broccoli w/ W.W. dinner roll, Orange 1% milk/choc milk****	20 Teriyaki Chicken, Rice Noodle, mixed veggies, Apple, 1% milk/choc milk****	21 Vegan Beef totchos (Tater Tots Nachos), W.W.Crackers, green pea, Banana 1% milk/choc milk****.
24 Hot Dog Day!!!! Vegan sausage, W.W. sub tater tots, carrots . Apple, 1% milk/choc milk****	25 Vegan ranch chicken, Enriched Whole Wheat Pasta, And broccoli Clementine, 1% milk/choc milk****	26 Refried beans and cheese Quesadilla, w.w. Tortilla, corn Orange, 1% milk/choc milk****	27 Baked Cheese stick, enriched spanish rice, green beans Apple, 1% milk/choc milk****	28 Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk****.

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Dairy Free Menu

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAY 27</p> <p>Chicken soft Taco , Whole Wheat Tortilla and Carrots, Apple, Dairy/Lactose Free Milk</p>	<p>MAY 28</p> <p>Chicken Carnitas, Enriched White Rice, Corn and red pepper , Clementine, Dairy/Lactose Free Milk</p>	<p>MAY 29</p> <p>Black Beans, Enriched White Rice, Green Beans Orange, Dairy/Lactose Free Milk</p>	<p>MAY 30</p> <p>Chicken Alfredo Enriched Pasta, Broccoli, Apple, Dairy/Lactose Free Milk</p>	<p>MAY 31</p> <p>Pizza day!!! Baby Carrots, Banana, Dairy/Lactose Free Milk</p>
<p>3</p> <p>Mini Chicken corn Dog, mashed potato, roasted carrots, Apple, Dairy/Lactose Free Milk</p>	<p>4</p> <p>Burger Day!!! Beef Patty, american cheese, Whole wheat bun, mix veggie . Clementine, Dairy/Lactose Free Milk</p>	<p>5</p> <p>Peruvian Chicken with Enriched white rice and quinoa carrot , corn. Orange, Dairy/Lactose Free Milk</p>	<p>6</p> <p>Creole Chicken, lima bean Brown rice, green beans. Apple, Dairy/Lactose Free Milk</p>	<p>7</p> <p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. Banana, Dairy/Lactose Free Milk</p>
<p>10</p> <p>Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple, Dairy/Lactose Free Milk</p>	<p>11</p> <p>W.W. Penne pasta with Beef meatballs, Marinara Sauce, broccoli Clementine, Dairy/Lactose Free Milk</p>	<p>12</p> <p>Brazilian Grilled Chicken, Brazilian enriched w. rice(pea, corn, carrots, raisin) And Green Beans, Orange Dairy/Lactose Free Milk</p>	<p>13</p> <p>Jerk Chicken, Pigeon enriched rice, Refried beans Plantains, Apple, Dairy/Lactose Free Milk</p>	<p>14</p> <p>Pizzaa day!!! Mixed Veggies, Banana, Dairy/Lactose Free Milk</p>
<p>17</p> <p>Breakfast For Lunch!!! Pancakes, Tater tots, Sausage and Carrots. Apple Dairy/Lactose Free Milk</p>	<p>18</p> <p>Lemon Roasted Chicken, Cilantro Brown rice, Corn Clementine, Dairy/Lactose Free Milk</p>	<p>19</p> <p>BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Orange, Dairy/Lactose Free Milk</p>	<p>20</p> <p>Teriyaki Chicken, Rice Noodle Mixed Veggies, Apple, Dairy/Lactose Free Milk</p>	<p>21</p> <p>Beef Totchos (Tater Tots Nachos), Whole wheat crackers, Cheesy Green Pea. Banana Dairy/Lactose Free Milk</p>
<p>24</p> <p>Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Apple, Dairy/Lactose Free Milk</p>	<p>25</p> <p>Ranch Chicken with Enriched Whole Wheat Pasta and Broccoli, Clementine, Dairy/Lactose Free Milk</p>	<p>26</p> <p>Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn. Orange, Dairy/Lactose Free Milk</p>	<p>27</p> <p>Dominican chicken, Enriched Spanish Rice, Green Beans. Apple, Dairy/Lactose Free Milk</p>	<p>28</p> <p>Pizzaa day!!! Mixed Veggies, Banana, Dairy/Lactose Free Milk</p>

NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 "standard" meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

