



Week of June 13th

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multi Grain Cheerios Bananas 1% Milk	Bagels w/ Cream Cheese ^(WGR) Peaches 1%Milk	Pancakes ^(WGR) Blueberries 1% Milk	Belgium Waffles ^(WGR) Bananas 1% Milk	Cinnamon Toast Sticks ^(WGR) Apples 1%Milk
Lunch Meat/Alternate	Triple Cheese Bolognese	Chicken Stir Fry w/ Water Chest Nuts	Grilled Cheese Sandwich	Marinated Chick Peas	Hamburger Steak
Grain	Spaghetti Pasta	Brown Rice	Wheat Bread	Pasta ^(Lightly Buttered)	Basmati Rice
Vegetables	Green Peas	Corn	Mixed Vegetables	Carrots	Green Beans
Fresh Fruit	Oranges	Strawberries	Apples	Oranges	Apples
Dairy	1% Milk	1% Milk	1% Milk	1%Milk	1%Milk

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www.familytimemeals.com