

JUNE



Breakfast, Lunch, Afternoon Snack

Breakfast includes a milk, juice or fruit or vegetable, grain/bread. **Lunch** includes a choice of entrée supplying protein, grain, vegetable side dishes and fruit side dish and milk. **Afternoon snack** includes a selection of two of the following four components milk, juice or fruit or vegetable, meat or meat alternate, grains/bread.

					1 FIRST DAY OF DAY CAMP BREAKFAST: Honey Bun, Mixed Fruit, Milk LUNCH: Hotdog on bun, Baked Beans, Peaches, Milk PM SNACK: Trix Cereal Bar, Apple Juice
4	5	6	7	8	
BREAKFAST: Hardboiled Egg, English Muffin, Milk LUNCH: Sloppy Joe on Bun, Carrot Sticks, Pineapple, Milk PM SNACK: Crunch Mania, Apple Juice	BREAKFAST: Bagel & Cream Cheese, Pineapple, Milk LUNCH: Peanut Butter Sandwich, Celery Sticks, Strawberries, Milk PM SNACK: Whole Grain Chocolate Chip, Cookie, GoGurts	BREAKFAST: Mini Cinnis, Mixed Fruit, Milk LUNCH: Salisbury Steak, Green Beans, Mashed Potatoes, Peaches, Roll, Milk PM SNACK: Fritos, Grape Juice	BREAKFAST: Whole Wheat Donut, Orange Slices, Milk LUNCH: Turkey & Cheese on Bun, Carrot Sticks, Apple Slices, Milk PM SNACK: Cheetos, Mixed Fruit Cup, Water	BREAKFAST: Blueberry Muffin, Mixed Fruit, Milk LUNCH: Beef Taco on Hardshell, Refried Beans, Pears, Milk PM SNACK: Funyons, Orange Juice	
11	12	13	14	15	
BREAKFAST: Mini Waffles, Mandarin, Oranges, Milk LUNCH: Chicken Patty on Bun, Carrot & Celery Sticks, Pears, Milk PM SNACK: Quaker Maple Brown Sugar Cereal Bar, Orange Juice	BREAKFAST: Cheerios, Banana, Milk LUNCH: Ham Salad Sandwich, Veg Medley, Raisins, Milk PM SNACK: Nutri-grain Bar, Apple Slices, Water	BREAKFAST: Scrambled Egg on Biscuit, Peaches, Milk LUNCH: Fish Sticks, Potato Smiles, Tropical Fruit, Milk PM SNACK: Sugar Cookies, Apple Juice	BREAKFAST: Trix Cereal Bar, Applesauce, Milk LUNCH: Turkey & Cheese on Bun, Celery Sticks, Pineapple, Milk PM SNACK: Graham Crackers, GoGurt, Water	BREAKFAST: Capt Crunch Cereal, Pears, Milk LUNCH: Taco Burgers w/ cheese & Lettuce, Broccoli, Mandarin Oranges, Milk PM SNACK: Blueberry Muffin, Grape Juice	
18	19	20	21	22	
BREAKFAST: Nutrigrain Bar, Orange Slices, Milk LUNCH: Corn Dogs, Green Beans, Cottage Cheese, Watermelon, Milk PM SNACK: Cheese Stick, Animal Crackers, Water	BREAKFAST: Whole Wheat Donut, Pineapple, Milk LUNCH: PBJ, Veg Medley, Grapes, Milk PM SNACK: Chex Mix, GoGurt, Water	BREAKFAST: French Toast, Strawberries, Milk LUNCH: Popcorn Chicken, Green Beans, Peaches, Milk PM SNACK: Cheezits, Grape Juice	BREAKFAST: Sausage Biscuit, Blueberries, Milk LUNCH: Turkey & Cheese on Bun, Carrot Sticks, Pears, Milk PM SNACK: Whole Wheat Donut, Mixed Fruit Cup, Water	BREAKFAST: Mini Pancakes, Banana, Milk LUNCH: Hotdog on Bun, Mixed Fruit, Corn, Milk PM SNACK: Fritos, Orange Slices, Water	
25	26	27	28	29	
BREAKFAST: Honey Bun, Pears, Milk LUNCH: Tomato Soup, Grilled Cheese Sandwich, Pineapple, Milk PM SNACK: State Capital Cookies, Yogurt Cup	BREAKFAST: Cinnamon Cereal Bar, Apple Slices, Milk LUNCH: Ham Salad Sandwich, Veg Medley, Raisins, Milk PM SNACK: Funyons, Orange Juice	BREAKFAST: English Muffin, Orange Slices, Milk LUNCH: Chef Salad w/Chicken, Garlic Bread, Fruit Salad, Milk PM SNACK: Gold Fish Crackers, Apple Juice	BREAKFAST: Mini Cinni, Grapes, Milk LUNCH: Turkey & Cheese on Bun, Veg Medley, Peaches, Milk PM SNACK: Graham Crackers, Cheese Stick	BREAKFAST: Frosted Flakes, Mixed Fruit, Milk LUNCH: Pizza, Salad, Banana, Milk PM SNACK: Wheat Crackers, Peanut Butter	



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