

## June Menu - South Ogden

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

*Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.*

### June 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Applesauce Skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Taço Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Hogie Sandwich (assorted meats & cheese on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Diced Pear Cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Cottage Cheese & Saltines Ice Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese 100% Fruit Juice

### June 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Applesauce Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved) Honey Dew Melon Baked Beans (canned) Skim milk	Ham & Cheese Sandwich (whole wheat bread) Apples Fresh baby carrots w/dip Skim milk	Gr. Beef, Pinto bean & cheese burritos Fresh Salad Corn (frozen) Skim milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Apples Cheese slice	Ritz 100% Juice

### June 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Applesauce skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Sloppy Joes on whole wheat buns Watermelon Peas (frozen) Skim Milk	Hogie Sandwich (assorted meats & cheese on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Taços Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Salad w/ranch Skim Milk	Beef Stroganoff over noodles Green beans (canned) Cantaoupe Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Diced pear cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	String Cheese 100% Fruit Juice	Cheesy Crackers Skim Milk

### June 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Applesauce Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Tuna & Cheese Sandwich (on whole wheat bread) Watermelon Fresh Cucumbers w/dip Skim milk	Ham and Cheese Pizza Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Ritz 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

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