

June



Fun Food Facts

We eat 900% more broccoli today than we did 20 years ago!

In 1970 the average consumption of Broccoli was half a pound, in a recent survey (1997) the average consumption was found to be four and half pounds. In 1998, 90% of the broccoli grown in the U.S. came from California. Today it is grown in nearly every state, but California is still the top producer.



Monday, June 3rd

Cheerios, apricots

Sn: Gogurt

Cheese sand, cooked carrots, apricots

Sn: Sn: Grapes, yogurt

Tod: Fruit, yogurt

Tuesday, June 4th

Pineapple bread, apricots

Infant: toast

Sn: Watermelon, cheerios

Spaghetti w/ veg meat sauce, salad w/ranch, apricots

Sn: Apple crisp

Wednesday, June 5th

Cinnamon toast, mandarin oranges

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Cheese quesadilla, corn, mandarin oranges

Sn: Popcorn, juice

Tod: Puffed corn, juice

Thursday, June 6th

English muffins w/jelly, peaches

Sn: Apple slices, string cheese

Breadsticks w/cheese, veg meatballs, peas, peaches

Sn: Veggie straws

Friday, June 7th

Biscuits and gravy, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Veg sloppy joe on bun, green beans, pears

Sn: Chex mix, juice

Monday, June 10th

Rice Krispies, apricots

Sn: Fruit smoothies

Veg Chicken soft tacos, green beans, apricots

Sn: Saltines, American cheese

Tuesday, June 11th

Apple cinnamon bread, pears

Sn: Celery w/ soy butter

Tod: Veggie straws, juice

Hummus sand, carrot sticks, ranch potatoes, pears

Sn: 100 Cal. Oreo crisps, milk

Wednesday, June 12th

Waffles, applesauce

Sn: Cottage cheese, juice

Avanti's Lunch

Sn: Ritz bits

Thursday, June 13th

Omelets, peaches

Sn: Cantaloupe, club crackers

Veg Chicken patty on bun, tator tots, peas, peaches

Sn: Pretzels w/ ranch

Friday, June 14th

Yogurt w/berries, buttered toast

Sn: Rice cakes, juice

Pizza, salad w/ ranch, peaches

Sn: Trail mix

Vegetarian Menu

Monday, June 17th

Tuesday, June 18th

Wednesday, June 19th

Thursday, June 20th

Friday, June 21st

Kix cereal, pears

Sn: Graham crackers, applesauce

Veg corn dogs, green beans, pears

Sn: Apple slices with string cheese

Blueberry bread, pineapple

Sn: Watermelon, cheerios

Scalloped potatoes, peas, pineapple

Sn: Popcorn, juice

Tod: Puffed corn, juice

Whole Wheat French toast sticks, peaches

Sn: Bananas, animal crackers

Nachos w/ cheese, California blend veggies, peaches

Sn: Mini ice cream sandwiches, juice

Ham, cheese and egg cass, tropical fruit mix

Sn: Honey dew, ritz

Veggie grilled chicken pita with lettuce & ranch, diced carrots, tropical fruit mix

Sn: Nutrigrain bars

Pancakes, mandarin oranges

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Fettuccini alfredo, peas, mandarin oranges

Sn: Cheddar cheese cubes & pita chips

Monday, June 24th

Tuesday, June 25th

Wednesday, June 26th

Thursday, June 27th

Friday, June 28th

Apple Cinnamon Cheerios, apricots

Sn: Gogurt, juice

Cucumber, veggie cream cheese sand, baked beans, apricots

Sn: Veggie straws

Lemon bread, pears

Sn: Cucumber slices w/ ranch (peeled for tod's)

Cheese and spinach wrap, pretzels, pears

Sn: Cheez-its, juice

Cinnamon rolls, applesauce

Sn: Apple slices, soy butter

Mac n cheese, broccoli, applesauce

Sn: Animal crackers, milk

Breakfast burritos, pineapple

Sn: Carrots w/ ranch

Tod: Shredded carrots & ranch

Swedish veg meatballs and noodles, peas, pineapple

Yogurt w/ rice krispies, peaches

Sn: Pita chips & hummus

Veg chicken salad on mini bun, carrots and cucumbers, peaches

Sn: Cinnamon Apples, graham crackers

Little Jewels is

