



JUNE Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

			1 BBQ Chicken w/ Rice & Veggies	2 Turkey Spaghetti w/Marinara Salad Whole Wheat Garlic Bread
5 Herb Roasted Chicken Legs & Mashed Potatoes Fresh Fruit	6 Taco Tuesday! Ground Turkey Corn Tortillas w/lettuce, tomatoes, and cheese	7 Egg Fried Rice w/ veggies Fresh Fruit	8 Turkey Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	9 Homemade Mac-n- Cheese Peas & Carrots Whole Grain Garlic Bread
12 Spaghetti with Turkey Meat Sauce Garlic Bread Fresh Fruit	13 Chicken Teriyaki Sautéed Broccoli Steamed rice Fresh Fruit	14 Egg Fried Rice w/ veggies Fresh Fruit	15 Turkey & Cheese on Whole Wheat w/Lettuce & Tomato Fresh Fruit Salad Whole Grain Goldfish	16 Italian Bagels with Bell Peppers Garden Salad Fresh Fruit
19 Turkey Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	20 Taco Tuesday! Seasoned Chicken Corn Tortillas w/lettuce, tomatoes, and cheese	21 Cheese Ravioli w/ Marinara Sauce Garden Salad w/ Italian Dressing Crusty Garlic Bread	22 Herb Roasted Chicken Legs & Mashed Potatoes Fresh Fruit	23 Wow Butter and Banana Sandwiches on Whole Wheat Veggie Sticks w/dip
26 Cheese Ravioli w/ Marinara Sauce Garden Salad w/ Italian Dressing Crusty Garlic Bread	27 Turkey on Whole Wheat Whole Grain Pretzels Fresh Fruit Salad	28 Chicken Quesadilla Spanish Rice and Fresh Fruit	29 Italian Bagels with Bell Peppers Garden Salad Fresh Fruit	30 Teriyaki Meatballs w/Pineapple Rice & Broccoli



- Water is served with every meal and is our **primary** source of beverage.
- All meals are served Family Style
- A half serving of a fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

