

# Breakfast

Jun-26

Substitutions may be used as necessary.

| Sunday | Monday                                                       | Tuesday                                                        | Wednesday                                          | Thursday                                                 | Friday                                                | Saturday |
|--------|--------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|----------|
|        | 1                                                            | 2                                                              | 3                                                  | 4                                                        | 5                                                     | 6        |
|        | Biscuits w/<br>Cheddar Cheese Slice<br>Pear Halves ©<br>Milk | Frosted Mini Wheats<br>Applesauce ©<br>Milk                    | WGR<br>French Toast<br>Pineapple Tidbits ©<br>Milk | WGR<br>Pancakes<br>Apricot Halves ©<br>Milk              | Scrambled Eggs<br>Diced Peaches ©<br>Tortilla<br>Milk |          |
| 7      | 8                                                            | 9                                                              | 10                                                 | 11                                                       | 12                                                    | 13       |
|        | WGR<br>Life Cereal<br>Diced Peaches ©<br>Milk                | Banana Bread<br>Pineapple Tidbits©<br>WG Sliced Bread<br>Milk  | WGR<br>Honey Nut Cheerios<br>Applesauce<br>Milk    | Biscuits w/ham<br>Fruit Cocktail ©<br>Milk               | WGR<br>Waffles<br>Pear Halves ©<br>Milk               |          |
| 14     | 15                                                           | 16                                                             | 17                                                 | 18                                                       | 19                                                    | 20       |
|        | WGR<br>Pancakes<br>Apricot Halves ©<br>Milk                  | French Toast Sticks<br>Bannanas & Berries©<br>Milk             | WGR<br>Toasted Oats<br>Fresh Strawberries<br>Milk  | Scrambled Eggs w/bis<br>Applesauce ©<br>Tortilla<br>Milk | WGR<br>Bagel w/cream cheese<br>Pear Halves ©<br>Milk  |          |
| 21     | 22                                                           | 23                                                             | 24                                                 | 25                                                       | 26                                                    | 27       |
|        | WGR<br>Honey Nut Cheerios<br>Peach Halves<br>Milk            | Biscuit w/butter<br>Scrambled Eggs<br>Apricot Halves ©<br>Milk | French Toast<br>Pineapple Tidbits ©<br>Milk        | WGR<br>Pancakes<br>Fruit Cocktail ©<br>Milk              | WGR<br>Bagel w/sausage patty<br>Diced Pears ©<br>Milk |          |
| 28     | 29                                                           | 30                                                             |                                                    |                                                          |                                                       |          |
|        | WGR<br>French Toast<br>Pear Halves ©<br>Milk                 | WGR<br>Corn Flakes<br>Diced Pineapple ©<br>Milk                |                                                    |                                                          |                                                       |          |

# Lunch

Jun-26

Substitutions may be used as necessary.

| Sunday | Monday                                                                                   | Tuesday                                                                                       | Wednesday                                                                           | Thursday                                                                                           | Friday                                                                                        | Saturday |
|--------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------|
|        | 1                                                                                        | 2                                                                                             | 3                                                                                   | 4                                                                                                  | 5                                                                                             | 6        |
|        | WGR<br>Baked Parm Chicken<br>Broccoli Cuts (A)<br>Applesauce<br>WG Sliced Bread<br>Milk  | Bar B Que Pork<br>Baked French Fries<br>Peach Halves ©<br>Hamburger Bun<br>Milk               | Cheese Burger<br>Mx. Vegetables (A)<br>Orange Sections ©<br>Hamburger Buns<br>Milk  | WGR<br>Spaghetti w/ meat sauce<br>Cut Green Beans (A)<br>Fruit Cocktail<br>WG Sliced Bread<br>Milk | Beanie Weenies<br>Corn Cuts<br>Diced Pineapples ©<br>WG Sliced Bread<br>Milk                  |          |
| 7      | 8                                                                                        | 9                                                                                             | 10                                                                                  | 11                                                                                                 | 12                                                                                            | 13       |
|        | WGR<br>Salisbury Steak<br>Green Beans (A)<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk | WGR<br>Chicken Patties<br>Peas & Carrots (A)<br>Mixed Berries ©<br>WG Sliced Bread<br>Milk    | Hot Dogs w/cheese<br>Baked Beans<br>Orange Slices ©<br>Hot Dog Bun<br>Milk          | Beef Tacos<br>Lettuce & Tomato Salad<br>Applesauce<br>Flour Tortilla<br>Milk                       | WGR<br>Pepperoni Pizza (CN)<br>Mx. Vegetables (A)<br>Pear Halves ©<br>WG Sliced Bread<br>Milk |          |
| 14     | 15                                                                                       | 16                                                                                            | 17                                                                                  | 18                                                                                                 | 19                                                                                            | 20       |
|        | Fish Fillet (CN)<br>Mashed Potatoes<br>Bananas<br>Milk                                   | WGR<br>Grilled Ham/Cheese<br>Broccoli (A)<br>Pineapple Cuts ©<br>WG Sliced Bread<br>Milk      | WGR<br>Chicken Alfredo<br>Garden Salad<br>Applesauce ©<br>WG Sliced Bread<br>Milk   | Bean & Cheese Taco<br>Corn<br>Orange Slices ©<br>Flour Tortilla<br>Milk                            | WGR<br>Chicken Quesadilla<br>Mx. Vegetables (A)<br>Diced Peaches ©<br>WG Sliced Bread<br>Milk |          |
| 21     | 22                                                                                       | 23                                                                                            | 24                                                                                  | 25                                                                                                 | 26                                                                                            | 27       |
|        | Soft Chicken Taco<br>Garden Salad<br>Pear Halves ©<br>Flour Tortilla<br>Milk             | WGR<br>Baked Parmesan Chicken<br>Mx. Vegetables (A)<br>Mx. Fruit ©<br>WG Sliced Bread<br>Milk | Bean & Cheese Taco<br>Lettuce & Tomato<br>Mixed Berries ©<br>Flour Tortilla<br>Milk | WGR<br>Salisbury Steak<br>Mashed Potatoes<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk           | WGR<br>Chicken Nuggets<br>Cut Green Beans (A)<br>Orange Sections ©<br>WG Sliced Bread<br>Milk |          |
| 28     | 29                                                                                       | 30                                                                                            |                                                                                     |                                                                                                    |                                                                                               |          |
|        | Bar B Que Pork Sandwich<br>Peas/Carrots (A)<br>Pears<br>Hamburger buns<br>Milk           | Cheeseburgers<br>Broccoli (A)<br>Banana/Strawberry ©<br>Hamburger Bun<br>Milk                 |                                                                                     |                                                                                                    |                                                                                               |          |

# Snack

Jun-26

Substitutions may be used as necessary.

| Sunday                                                                                     | Monday                                                        | Tuesday                                                          | Wednesday                                           | Thursday                                                         | Friday                                                                  | Saturday |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------|----------|
|                                                                                            | 1                                                             | 2                                                                | 3                                                   | 4                                                                | 5                                                                       | 6        |
| **Trail Mix:<br>Marshmallows<br>Pretzels<br>Chex rice, wheat and<br>Corn Cereal<br>Raisins | WGR<br>WGR Blueberry Muffin<br>Fruit Cocktail ©<br>Water      | WGR<br>Mini Bagels w/<br>Cream Cheese<br>Diced Peaches©<br>Water | Ritz Crackers<br>Apricot Halves ©<br>Water          | Carrot Sticks (A) w/<br>Ranch Dressing<br>Diced Pears ©<br>Water | Goldfish crackers<br>Diced Pineapple ©<br>Water                         |          |
| 7                                                                                          | 8                                                             | 9                                                                | 10                                                  | 11                                                               | 12                                                                      | 13       |
|                                                                                            | Breadsticks w/<br>Marinara Sauce<br>Fruit Cocktail ©<br>Water | Yogurt w/fruit<br>Mixed Berries ©<br>Water                       | Graham Crackers<br>Apricot Halves ©<br>Water        | WGR<br>WGR Waffles<br>Diced Pears ©<br>Water                     | WGR<br>WGR Sun chips<br>Cheddar Cheese<br>WW Toast<br>Water             |          |
| 14                                                                                         | 15                                                            | 16                                                               | 17                                                  | 18                                                               | 19                                                                      | 20       |
|                                                                                            | Cinnamon Raisin Brea<br>Applesauce ©<br>Water                 | WGR<br>Trail Mix **<br>Diced Peaches©<br>Water                   | WGR<br>Ritz Crackers<br>Pineapple Tidbits©<br>Water | WGR<br>WG Banana Muffins<br>Pear Halves<br>Water                 | Sun Chips<br>100% Fruit Punch<br>Water                                  |          |
| 21                                                                                         | 22                                                            | 23                                                               | 24                                                  | 25                                                               | 26                                                                      | 27       |
|                                                                                            | Carrot Sticks w/ranch<br>100% fruit Punch<br>Water            | WGR<br>Goldfish Crackers<br>Fruit Cocktail ©<br>Water            | Cinnamon Raisin Brea<br>Applesauce ©<br>Water       | Yogurt w/fruit<br>Mixed Berries ©<br>Water                       | WGR<br>Breadsticks w/<br>Marinara Sauce<br>Pineapple Tidbits ©<br>Water |          |
| 28                                                                                         | 29                                                            | 30                                                               |                                                     |                                                                  |                                                                         |          |
|                                                                                            | WGR<br>Mini Bagels /cream<br>Apricot Halves ©<br>Water        | WGR<br>Goldfish Crackers<br>Diced Pears ©<br>Water               |                                                     |                                                                  |                                                                         |          |



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# Dinner

| Sunday | Monday                                                                                         | Tuesday                                                                                       | Wednesday                                                                                 | Thursday                                                                                  | Friday                                                                                             | Saturday |
|--------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------|
|        | 1                                                                                              | 2                                                                                             | 3                                                                                         | 4                                                                                         | 5                                                                                                  | 6        |
|        | WGR<br>Ham & Swiss Sandwich<br>Green Beans (A)<br>Orange Sections ©<br>WG Sliced Bread<br>Milk | WGR<br>Baked Parm Chicken<br>Broccoli Cuts (A)<br>Applesauce ©<br>WG Sliced Bread<br>Milk     | Bar B Q Pork sand<br>Baked French Fries<br>Peach Halves ©<br>Hamburger bun<br>Milk        | Cheese Burger<br>Mx. Vegetables<br>Pear Halves ©<br>Hamburger Bun<br>Milk                 | WGR<br>Spaghetti w/ meat sauce<br>Green Beans<br>Tropical Fruit Salad ©<br>WG Sliced Bread<br>Milk |          |
| 7      | 8                                                                                              | 9                                                                                             | 10                                                                                        | 11                                                                                        | 12                                                                                                 | 13       |
|        | Beanie Weenies<br>Corn Cuts<br>Diced Pineapple ©<br>WG Sliced Bread<br>Milk                    | WGR<br>Salisbury Steak (CN)<br>Green Beans (A)<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk | WG<br>Chicken Patties<br>Peas & Carrots (A)<br>Mixed Berries ©<br>WG Sliced Bread<br>Milk | Hot Dog w/Cheese<br>Baked Beans<br>Orange Sections ©<br>Hot Dog Bun<br>Milk               | Beef Tacos<br>Lettuce & Tomato (A)<br>Applesauce ©<br>Flour Tortilla<br>Milk                       |          |
| 14     | 15                                                                                             | 16                                                                                            | 17                                                                                        | 18                                                                                        | 19                                                                                                 | 20       |
|        | WG<br>Pepperoni Pizza<br>Mx. Vegetables (A)<br>Pear Halves ©<br>WG Sliced Bread<br>Milk        | Fish Fillet<br>Mashed Potatoes<br>Bananas<br>WG Sliced Bread<br>Milk                          | WG<br>Grilled Ham & Cheese<br>Broccoli (A)<br>Pineapple Cuts ©<br>WG Sliced Bread<br>Milk | WG<br>Chicken Alfredo<br>Green Salad w/carrots<br>Applesauce ©<br>WG Sliced Bread<br>Milk | Bean & Cheese Tacos<br>Corn<br>Orange Slices ©<br>Flour Tortilla<br>Milk                           |          |
| 21     | 22                                                                                             | 23                                                                                            | 24                                                                                        | 25                                                                                        | 26                                                                                                 | 27       |
|        | Chicken Quesadilla<br>Mx. Vegetables (A)<br>Diced Peaches ©<br>WG Sliced Bread<br>Milk         | Soft Chickien Taco<br>Garden Salad<br>Pear Halves ©<br>Flour Tortilla<br>Milk                 | WG<br>Baked Parm Chicken<br>Mx. Vegetables (A)<br>Mx. Fruit ©<br>WG Sliced Bread<br>Milk  | Bean & Cheese Taco<br>Lettuce & Tomato<br>Mixed Berries ©<br>Flour Tortilla<br>Milk       | WG<br>Salisbury Steak (CN)<br>Mashed Potatoes<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk       |          |
| 28     | 29                                                                                             | 30                                                                                            |                                                                                           |                                                                                           |                                                                                                    |          |
|        | WGR<br>Chicken Nuggets (CN)<br>Green Beans (A)<br>Orange Sections ©<br>WG Sliced Bread<br>Milk | Bar B Que Pork Sand<br>Peas & Carrots (A)<br>Pear Halves ©<br>Hamburger bun<br>Milk           |                                                                                           |                                                                                           |                                                                                                    |          |