

## Lunch

### Monday

6/22

#### Oven-Roasted Chicken Wraps

*Oven-roasted chicken, lettuce & cheddar cheese w/ranch on spinach tortillas*

Celery Sticks

~Green Beans

Apple Slices

~Applesauce

*Vegetarian Substitution*

**\*\*Hummus & garden vegetable wraps**

### Tuesday

6/23

#### Asian Tofu Noodle Salad

*Teriyaki-marinated tofu, fresh peppers, broccoli, snap peas, cucumbers, pineapple & noodles*

Mandarin Oranges

### Wednesday

6/24

#### Black Bean & Rice Burritos

*Black beans, rice & cheese in whole-wheat tortilla w/salsa & sour cream*

Fresh Broccoli Trees

~Blanched Broccoli

Pineapple

### Thursday

6/25

#### Mediterranean Chicken Salad

*Chicken, red bell peppers, olives, artichoke hearts, garbanzo beans, snap peas, feta cheese crumbles & mixed summer greens tossed balsamic vinaigrette*

Pita Triangles

Watermelon

*Toddler Substitution*

**\*\*Tuscan chicken pasta w/rotini, chicken, sautéed peppers, onions, garlic & squash tossed in olive oil**

*Vegetarian Substitution*

**\*\*No chicken, extra garbanzo beans**

### Friday

6/26

#### Cheese Pizza

*Pita pizzas topped w/tomato-basil sauce & mozzarella cheese*

Baby Carrots

~ Steamed Carrots

Bananas

*Vegetarian Substitution*

## Snacks

Cereal

Milk

Wheat Thins

Cheese Cubes

Strawberries

Milk

Vanilla Yogurt

Raspberries

Cucumbers

Hummus

Watermelon

Milk

Apple Slices

Goldfish

Poppysseed Muffin

Milk

Honeydew Melon

Milk

Graham Crackers

Sunbutter

Strawberry Yogurt

Animal Crackers

Orange Slices

Milk

Cereal

Milk

Cheesebread Stick

Marinara Sauce

Cantaloupe

Milk

## Get your child on the path to healthy eating.

\* Focus on the meal and each other. \* Your child learns by watching you \* Offer a variety of healthy foods.

\* Be patient with your child. \* Sometimes new foods take time. \* Offer new foods many times.

**Milk is served with all lunches \* Water is served with snack unless specified by milk \* ~ Toddler Substitution**