

# What's on the menu?

## June 2021: Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>1</b> <b>Cinni Mini</b> 100% Fruit Juices Seasonal Fruit	<b>2</b> <b>Whole Grain Muffin &amp; Low-fat Yogurt</b> Assorted Fresh Seasonal Fruit	<b>3</b> <b>Mini Bagels w/ Cream Cheese</b> 100% Fruit Juices Seasonal Fruit	<b>4</b> <b>Strawberry Poptarts</b> Assorted Fresh Seasonal Fruit	<b>5</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit	<b>6</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit	
	<b>7</b> <b>Sausage Pancake on a Stick</b> Assorted Fresh Seasonal Fruit	<b>8</b> <b>Cinni Mini</b> 100% Fruit Juices Seasonal Fruit	<b>9</b> <b>Whole Grain Muffin &amp; Low-fat Yogurt</b> Assorted Fresh Seasonal Fruit	<b>10</b> <b>Mini Bagels w/ Cream Cheese</b> 100% Fruit Juices Seasonal Fruit	<b>11</b> <b>Strawberry Poptarts</b> Assorted Fresh Seasonal Fruit	<b>12</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit	<b>13</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit
	<b>14</b> <b>Sausage Pancake on a Stick</b> Assorted Fresh Seasonal Fruit	<b>15</b> <b>Cinni Mini</b> 100% Fruit Juices Seasonal Fruit	<b>16</b> <b>Whole Grain Muffin &amp; Low-fat Yogurt</b> Assorted Fresh Seasonal Fruit	<b>17</b> <b>Mini Bagels w/ Cream Cheese</b> 100% Fruit Juices Seasonal Fruit	<b>18</b> <b>Strawberry Poptarts</b> Assorted Fresh Seasonal Fruit	<b>19</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit	<b>20</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit
	<b>21</b> <b>Sausage Pancake on a Stick</b> Assorted Fresh Seasonal Fruit	<b>22</b> <b>Cinni Mini</b> 100% Fruit Juices Seasonal Fruit	<b>23</b> <b>Whole Grain Muffin &amp; Low-fat Yogurt</b> Assorted Fresh Seasonal Fruit	<b>24</b> <b>Mini Bagels w/ Cream Cheese</b> 100% Fruit Juices Seasonal Fruit	<b>25</b> <b>Strawberry Poptarts</b> Assorted Fresh Seasonal Fruit	<b>26</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit	<b>27</b> <b>Assorted Cereal &amp; Grahams</b> Assorted Fresh Seasonal Fruit
	<b>28</b> <b>Sausage Pancake on a Stick</b> Assorted Fresh Seasonal Fruit	<b>29</b> <b>Cinni Mini</b> 100% Fruit Juices Seasonal Fruit	<b>30</b> <b>Whole Grain Muffin &amp; Low-fat Yogurt</b> Assorted Fresh Seasonal Fruit	 serving up happy & healthy  <b>YouTube</b> @Louisiana Chartwells K12			

\*This institution is an equal opportunity provider.

Milk choice provided with each meal.

# What's on the menu?

## June 2021: Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> <b>Turkey Meatsauce &amp; Spaghetti with Hawaiian Roll</b> -Green Beans- -Seasonal Fresh Fruit-	<b>2</b> <b>Cheeseburger</b> -Mixed Vegetables- -Seasonal Fresh Fruit-	<b>3</b> <b>Smothered Diced Chicken &amp; Gravy over Rice</b> -Seasoned Carrots- -Seasonal Fresh Fruit-	<b>4</b> <b>Ham &amp; Cheese on Bun w/ Lettuce &amp; Tomato</b> -Fresh Broccoli Florets- -Seasonal Fresh Fruit-	<b>5</b> <b>Salisbury Steak &amp; Gravy with Rice &amp; Hawaiian Roll</b> -Mixed Veggies- -Seasonal Fresh Fruit-	<b>6</b> <b>Crispy Chicken Sandwich</b> -Corn Kernel- -Seasonal Fresh Fruit-
	<b>7</b> <b>Chicken Etouffee w/ Rice</b> -Green Beans- -Seasonal Fresh Fruit-	<b>8</b> <b>BBQ Chicken Thigh w/ Mac-n-Cheese</b> -Seasoned Corn- -Seasonal Fresh Fruit-	<b>9</b> <b>Chili Hot Dog</b> -Baked Beans- -Seasonal Fresh Fruit-	<b>10</b> <b>Meatballs &amp; Spaghetti with Hawaiian Roll</b> -Green Peas- -Seasonal Fresh Fruit-	<b>11</b> <b>Tukey &amp; Cheese Wrap/ Lettuce &amp; Tomato</b> -Fresh Baby Carrots- -Seasonal Fresh Fruit-	<b>12</b> <b>Chicken Parm w/ Spaghetti &amp; Hawaiian Roll</b> -Corn Kernel- -Seasonal Fresh Fruit-
<b>14</b> <b>White Beans w/ Smoked Sausage over Rice</b> -Collard Greens- -Seasonal Fresh Fruit-	<b>15</b> <b>Turkey Chili Mac w/ Hawaiian Roll</b> -Green Beans- -Seasonal Fresh Fruit-	<b>16</b> <b>Crispy Chicken Sandwich</b> -Mixed Vegetables- -Seasonal Fresh Fruit-	<b>17</b> <b>Smothered Diced Chicken &amp; Gravy over Rice</b> -Seasoned Carrots- -Seasonal Fresh Fruit-	<b>18</b> <b>Ham &amp; Cheese Poboym/ Lettuce &amp; Tomato</b> -Fresh Broccoli Florets- -Seasonal Fresh Fruit-	<b>19</b> <b>Salisbury Steak &amp; Gravy with Rice &amp; Hawaiian Roll</b> -Mixed Veggies- -Seasonal Fresh Fruit-	<b>20</b> <b>Crispy Chicken Sandwich</b> -Corn Kernel- -Seasonal Fresh Fruit-
<b>21</b> <b>Chicken &amp; Sausage Jambalaya</b> -Green Beans- -Seasonal Fresh Fruit-	<b>22</b> <b>Meatballs &amp; Spaghetti with Hawaiian Roll</b> -Steamed Broccoli- -Seasonal Fresh Fruit-	<b>23</b> <b>Chili Hot Dog</b> -Baked Beans- -Seasonal Fresh Fruit-	<b>24</b> <b>Turkey &amp; Cheese Burrito w/ Fiesta Rice</b> -Seasoned Corn- -Seasonal Fresh Fruit-	<b>25</b> <b>Chicken Salad Wrap/ Lettuce &amp; Tomato</b> -Fresh Baby Carrots- -Seasonal Fresh Fruit-	<b>26</b> <b>Chicken Parm w/ Spaghetti &amp; Hawaiian Roll</b> -Corn Kernel- -Seasonal Fresh Fruit-	<b>27</b> <b>Cheeseburger</b> -Mixed Veggies- -Seasonal Fresh Fruit-
<b>28</b> <b>Red Beans w/ Smoked Sausage over Rice</b> -Collard Greens- -Seasonal Fresh Fruit-	<b>29</b> <b>Turkey Meatsauce &amp; Spaghetti with Hawaiian Roll</b> -Green Beans- -Seasonal Fresh Fruit-	<b>30</b> <b>Cheeseburger</b> -Mixed Vegetables- -Seasonal Fresh Fruit-	 serving up happy & healthy  <b>YouTube</b> @Louisiana Chartwells K12			

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