

JUNE MEAL MENU
June 25 – June 29




CACFP Meal Requirement		25 / Mon	26 / Tues	27 / Wed	28 / Thurs	29 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Blueberries	Pears	Strawberries	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Sausage & Hashbrowns (Veggie sausage)	Waffles & Fruit Spread	Lightly Buttered English Muffins	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunflower and Fruit Spread on Whole Wheat Bread	Pesto Pasta with Mixed Vegetables	Chicken Parmesan Sandwich with Caesar Salad	Curry Chicken with Nan and Vegetables	Cheese Quesadilla with Bean and Corn Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Steamed Carrots				
1/8 cup fruit	¼ cup fruit	Watermelon	Mixed Fruit	Peach	Pineapple	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same	Same	Veggie Patty	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk		-	-	Yogurt	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Goldfish	Soft Pretzel	Pea Crisps	Pirate Booty	Pita
½ cup veg or fruit	½ cup veg or fruit	Apple Sauce	Bananas	Mango	-	Edamame
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	Cheese Cubes	-	Mandarin	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Grain Crackers	Grain Bar	Aussie Bites	Trail Mix
½ cup veg or fruit	½ cup veg or fruit	-	-	Clementine		

* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

** Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

JUNE MEAL MENU
July 2 – July 6



CACFP Meal Requirement		2 / Mon	3 / Tues	4 / Wed	5 / Thurs	6 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches		Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Mini Bagels and Cream Cheese		French Toast	Greek Yogurt Parfait – Special K
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	School Closed 4th of July 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat	Sunflower and Fruit Spread on Whole Wheat Bread	Veggie Pesto Tortellini with Zucchini and Broccoli		Taco Bake	Chicken Breast Sliders
½ slice or ¼ cup grain	½ slice or ¼ cup grain					Steamed Broccoli
1/8 cup veg	¼ cup veg	Carrots	Pears		Pineapples	Mandarin
1/8 cup fruit	¼ cup fruit	Strawberries	Same		Same	Veggie Patty
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same			
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-		-	-
½ oz meat	½ oz meat	-	Sliced Turkey		-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Club Crackers		Graham Crackers	Pita
½ cup veg or fruit	½ cup veg or fruit	Clementine	-		Apple Sauce	Edamame
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	-		Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-		-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty		BelVita Biscuit	Multi-grain crackers
½ cup veg or fruit	½ cup veg or fruit	-	Banana			

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