

JUNE MEAL MENU
June 11 – June 15



CACFP Meal Requirement		11 / Mon	12 / Tues	13 / Wed	14 / Thurs	15 / 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	Apple	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Sausage & Roasted Potatoes (Veggie sausage)	Waffles	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	Chicken Pesto Tortellini with Zucchini and Broccoli	Taco Bake with Corn and Kidney Beans	Chicken Teriyaki with Stirfry Vegetable Over Rice	Grilled Cheese on Whole Wheat with Mixed Vegetables
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
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	Veggie Crumbles	Same	Garden Burger	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	Snapea 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 Bar	-	Aussie Bites	
½ cup veg or fruit	½ cup veg or fruit	-	Clementine	Whole Wheat Crackers		Trail Mix

* 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
June 18 – June 22



CACFP Meal Requirement		18 / Mon	19 / Tues	20 / Wed	21 / Thurs	22 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberry	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Mini Bagels and Cream Cheese	French Toast Fingers	Scrambled Eggs and Roasted Potatoes	Blueberry Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Ham and Cheese Sandwich, Steamed Carrots	Pasta Bolognese with Peas & Beans	Cheese Pizza, Caesar Salad	Chicken Biryani with Raisins, Steamed Carrots & Broccoli	Pollock Sticks, Dave's bread, Corn & Bean Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Apple Slices	Pears	Honeydew	Pineapples	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same	Veggie Patty	Tofu Slice
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	Grain Bar	Banana Bread	Pita	Graham Crackers	-
½ cup veg or fruit	½ cup veg or fruit	Clementine		Edamame	Apple Sauce	Tropical Fruit
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	Life Cereal	BelVita Biscuit	Multi-grain crackers
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Blueberries		

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