



June Food For All Cold Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 EGG SALAD ON MIXED GREENS GRAPE TOMATOES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL |
| 4 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS | 5 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL | 6 CRAB SALAD ON GREENS WINTER BEAN SALAD PEACHES AND CREAM WHOLE GRAIN ROLL | 7 TURKEY AND SWISS WHEAT BUN AND LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS | 8 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS |
| 11 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL | 12 HERBED CREAM CHEESE BROCCOLI AND CAULIFLOWER MANDARIN ORANGES BLACK EYED PEA SALAD*** WHOLE WHEAT BAGEL | 13 <i>Father's Day Meal</i> HAM SALAD ON GREENS BROWN RICE AND PEA SALAD TROPICAL FRUIT WHOLE GRAIN ROLL | 14 <i>Flag Day</i> CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS | 15 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN |
| 18 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES | 19 ISLAND CRAB PASTA SALAD COTTAGE CHEESE*** MANDARIN ORANGES WHOLE GRAIN ROLL | 20 SPICY CHICKEN WRAP ON LAWASH BREAD THREE BEAN SALAD CRUSHED PINEAPPLE | 21 <i>June Solstice</i> CHICKEN CHEDDAR SALAD TROPICAL FRUIT VANILLA YOGURT CROUTONS | 22 WHOLE WHEAT BAGEL HONEY CINNAMON CREAM CHEESE RED GRAPES PINEAPPLE TIDBITS |
| 25 GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL | 26 PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL | 27 TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL | 28 TURKEY AND SWISS ON WHOLE WHEAT BUN LEAF LETTUCE MANDARIN ORANGES | 29 TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS |



Each meal meets the new A.A.A. approved nutritional guidelines.
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

