

Breakfast Menu
EZ Meals - June 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> Muffin (2oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk	<u>2</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>3</u> Breakfast Bites (1oz) Applesauce Cup (1/2c) 1% Milk	<u>4</u> Cereal Bowl (1oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk
<u>7</u> Cinnamon Bun (2oz) Fresh Fruit (1/2c) Jelly Packet 1% Milk	<u>8</u> Muffin (2oz) 100% Fruit Juice or Fruit Cup 1% Milk	<u>9</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>10</u> WG Cereal Bar (1oz) Applesauce Cup (1/2c) 1% Milk	<u>11</u> Cereal Bowl (1oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk
<u>14</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>15</u> Muffin (2oz) 100% Fruit Juice or Fruit Cup 1% Milk	<u>16</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>17</u> Breakfast Bites (1oz) Applesauce Cup (1/2c) 1% Milk	<u>18</u> Cereal Bowl (1oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk
<u>21</u> Cinnamon Bun (2oz) Fresh Fruit (1/2c) Jelly Packet 1% Milk	<u>22</u> Muffin (2oz) 100% Fruit Juice or Fruit Cup 1% Milk	<u>23</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>24</u> WG Cereal Bar (1oz) Applesauce Cup (1/2c) 1% Milk	<u>25</u> Cereal Bowl (1oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk
<u>28</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>29</u> Muffin (2oz) 100% Fruit Juice or Fruit Cup 1% Milk	<u>30</u> Cereal Bowl (1oz) Fresh Fruit (1/2c) 1% Milk	<u>1</u> Breakfast Bites (1oz) Applesauce Cup (1/2c) 1% Milk	<u>2</u> Cereal Bowl (1oz) 100% Fruit Juice or Fruit Cup (1/2c) 1% Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31-Baked Sliced Chicken (2oz) Roasted Sweet Potato (1/2c) Fresh Broccoli Florets(1/4c) LF Ranch Dressing Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>1-*Beefaroni (2oz) Cooked Carrots (1/2c) Applesauce (1/4c) Macaroni (1/4c) Garlic Bread (1/2c) 1% Milk (8oz)</p>	<p>2-*Picadillo (2oz) Corn (1/2c) Seasonal Fresh Fruit (1/4c) Congri/Cuban Bread (1/2c) 1% Milk (8oz)</p>	<p>3-*Meat Lasagna (2oz) Mixed Vegetables (1/2c) Mandarin Oranges (1/4c) Soft Roll (1/2c) 1% Milk (8oz)</p>	<p>4-*Turkey & Cheese Bun (2oz) Bun (2oz) Carrots Sticks (1/2c) Fresh Fruit (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>7-Roast Turkey Slices (2oz) Peas & Carrots (1/2c) Pears (1/4c) Moros (1/2c) 1% Milk (8oz)</p>	<p>8-*Chicken Nuggets (2oz) Ketchup Steamed Broccoli (1/2c) Applesauce (1/4c) Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>9-*Hamburger (2oz) Lettuce & Tomato Green Beans (1/2c) Seasonal Fresh Fruit (1/4c) Bun (1/2c) Ketchup 1% Milk (8oz)</p>	<p>10-*Fricassee de Pollo (2oz) Mixed Vegetables (1/2c) Red Beans (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>11-*Turkey & Cheese Bun (2oz) Bun (2oz) Carrots Sticks (1/2c) Fresh Fruit (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>14-*Ropa Vieja (2oz) Black Beans (1/2c) Pineapple (1/4c) Macaroni (1/4c) Rice (1/2c) 1% Milk (8oz)</p>	<p>15-*Breaded Chicken Patty (2oz) Green Peas (1/2c) Apple Slices (1/4c) Roll (1/2c) 1% Milk (8oz)</p>	<p>16-*Meatloaf (2oz) Ketchup Fresh Mashed Potato (1/2c) Fruit Cocktail (1/4c) Whole Grain Bread (1/2c) 1% Milk (8oz)</p>	<p>17-*Spaghetti/Meat Sauce (2oz) Salad (spinach, romaine, tomato, cucumber) (1/2c) Fresh Fruit (1/4c) Macaroni (1/4c) Garlic Bread (1/2c) LF Ranch Dressing 1% Milk (8oz)</p>	<p>18-*Turkey & Cheese Bun (2oz) Bun (2oz) Carrots Sticks (1/2c) Fresh Fruit (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>21-*Salisbury Steak (2oz) Green Peas (1/2c) Pineapple (1/4c) Brown Rice(1/2c) 1% Milk (8oz)</p>	<p>22-*Breaded Fish (2oz) Ketchup Cooked Carrots (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Soft Roll (1/2c) LF Italian Dressing 1% Milk (8oz)</p>	<p>23-*Picadillo (2oz) Yuca (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>24-*Baked Chicken (2oz) (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>25-*Turkey & Cheese Bun (2oz) Bun (2oz) Carrots Sticks (1/2c) Fresh Fruit (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>28-*Pulled Chicken Gravy/Sauce (2oz) Peas & Carrots (1/2c) Peaches (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>	<p>29-*Cuban Stew (2oz) Congri (1/2c) Plantains (1/2c) Tomatoes (1/4c) 1% Milk (8oz)</p>	<p>30-*Ravioli Mixed Vegetables (1/2c) Oranges/Tangerines (1/4c) WG Roll (1/2c) 1% Milk (8oz)</p>	<p>1-*Fricassee del Pollo (2oz) Moros (1/2c) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) 1% Milk (8oz)</p>	<p>2--*Turkey & Cheese Bun (2oz) Bun (2oz) Carrots Sticks (1/2c) Fresh Fruit (1/4c) LF Ranch Dressing 1% Milk (8oz)</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> 100% Fruit Juice (6oz) Fruit Jelly (.5oz) WW Brioche Roll (1ea)	<u>2</u> Fresh Orange (1ea) WG Fruit Muffin (2oz)	<u>3</u> Fresh Apple (1ea) WG Cheez Itz Crackers (1oz)	<u>4</u> Fruit Cup or 100% Juice (6oz) WG Assorted Crackers (1oz)
<u>7</u> Fruit Cup or 100% Juice (6oz) WG Cheddar Goldfish (1oz)	<u>8</u> 100% Fruit Juice (6oz) Fruit Jelly (.5oz) WW Cinnamon Bun (1ea)	<u>9</u> Fresh Orange(1ea) WG Fruit Muffin (2oz)	<u>10</u> Fresh Apple 1ea) WG Pretzels (1oz)	<u>11</u> Fruit Cup or 100% Juice (6oz) WG Honey Grahams (1oz)
<u>14</u> Fruit Cup or 100% Juice (6oz) WG Cheddar Goldfish (1oz)	<u>15</u> 100% Fruit Juice (6oz) Fruit Jelly (.5oz) WW Potato Roll (1ea)	<u>16</u> Fresh Orange(1ea) WG Fruit Muffin (2oz)	<u>17</u> Fresh Apple (1ea) WG Cheez Itz (1oz)	<u>18</u> Fruit Cup or 100% Juice (6oz) WG Animal Crackers (1oz)
<u>21</u> Fruit Cup or 100% Juice (6oz) WG Cheddar Goldfish (1oz)	<u>22</u> 100% Fruit Juice (6oz) Fruit Jelly (.5oz) WW Cranberry Roll (1ea)	<u>23</u> Fresh Orange(1ea) WG Fruit Muffin (2oz)	<u>24</u> Fresh Apple (1ea) WG Pretzels (1oz)	<u>25</u> Fruit Cup or 100% Juice (6oz) WG Animal Crackers (1oz)
<u>28</u> Fruit Cup or 100% Juice (6oz) WG Cheddar Goldfish (1oz)	<u>29</u> 100% Fruit Juice (6oz) Fruit Jelly (.5oz) WW Brioche Roll (1 ea)	<u>30</u> Fresh Orange (1ea) WG Fruit Muffin(2oz)	<u>1</u> Fresh Apple (1ea) WG Cheez Itz Crackers (1oz)	<u>2</u> Fruit Cup or 100% Juice (6oz) WG Assorted Crackers (1oz)