



June 2023.

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cream of Wheat Banana, Milk	2 Bread & Jam Orange, Milk
5 Cereal: Rice Krispies Apple, Milk	6 Apple Sauce Muffins Pears, Milk	7 Matzo Brei Apple Sauce, Milk	8 Baked Cinnamon Pita Banana, Milk	9 Oatmeal Orange, Milk
12 Childcare Only Cereal: Cheerios Apple, Milk	13 Childcare Only Baked Oatmeal Pears, Milk	14 Childcare Only Apple Sauce Muffins Apple Sauce, Milk	15 Childcare Only Hard Boiled Eggs Sliced Cucumbers Milk	16 Childcare Only Bread & Jam Orange, Milk
19 Cereal: Corn Flakes Apple, Milk	20 Pancakes Pears, Milk	21 Baked Cinnamon Oatmeal Apple Sauce, Milk	22 Blueberry Muffins Banana, Milk	23 Cream of Wheat Orange, Milk
26 Cereal: Rice Krispies Apple, Milk	27 Banana Bread Pears, Milk	28 French Toast Apple Sauce, Milk	29 Cinnamon Pasta Banana, Milk	30 CO-Co Wheats Orange, Milk

Whole, unflavored milk is served to 1 year olds
Skim, unflavored milk is served to children ages 2 and older



June 2023.



Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sloppy Joe WG Roll Coleslaw Pineapple, Milk	2 WG Cheesy Noodle Kugel Garden-Spinach Salad Apple, Milk
5 Baked Spinach Cheese-Squares Split Pea Soup WG Rolls Clementines, Milk	6 Stir Fry Chicken & Veg Brown Rice Banana, Milk	7 WG Tuna Noodle-Casserole Peas & Carrots Orange, Milk	8 Meatloaf WG Couscous Green Beans Pineapple, Milk	9 Last Day of School Noon Dismissal WG Cheese & Beans Enchilada Casserole Garden-Romaine Salad Apple, Milk
12 Childcare Only Vegetarian Chili Shredded Cheese Sliced Cucumbers Tortilla Chips Clementines, Milk	13 Childcare Only Stir Fry Chicken & Veg Brown Rice Banana, Milk	14 Childcare Only WG Tuna Noodle-Casserole Peas Orange, Milk	15 Childcare Only Sloppy Joe WG Roll Corn Pineapple, Milk	16 Childcare Only WG Mac N' Cheese Garden-Romaine Salad Apple, Milk
19 WG Grilled Cheese-Sandwich Tomato Soup W/Rice Sliced Cucumbers Clementines, Milk	20 Cuban Chicken Brown Rice Glazed Carrots Banana, Milk	21 Egg Salad WG Pita Lentil-Mushroom Soup Pickles Orange, Milk	22 Korean Meatballs WG Sesame Noodles Pickled Cucumber Salad Pineapple, Milk	23 Vegetable Frittata WG Roll Baked Sweet Potato Apple, Milk
26 WG Cheese Lasagna Minestrone Soup Sliced Cucumbers Clementine, Milk	27 BBQ Chicken Brown Rice Peas Banana, Milk	28 Tuna Loaf WG Hawaiian Macaroni Salad Sliced Peppers Sticks Orange, Milk	29 Hamburger Sliders WG Bun French Fries, Pickles, Ketchup Pineapple, Milk	30 Hummus Falafel Balls WG Pita Chopped Israeli Salad Apple, Milk

Whole, unflavored milk is served to 1-year olds
 Skim, or low fat (1%) unflavored milk is served to children ages 2 and older
All Grain items served are whole Grain-rich/enriched

📌 **On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)**

Jewish Beginnings is an equal opportunity provider and employer



June 2023.

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tortilla Chips Salsa	2 French Fries Shredded Cheese
			Egg Salad Snack Crackers	Tea Biscuits Pears
5 Cottage Cheese Pineapple	6 Pita Hummus	7 Cereal: Cheerios Milk	8 Pasta & Edamame Salad	9 Noon Dismissal
Sliced Cheese Wheat Crackers	Rice Cakes & Jam Orange	Second Snack: Canned Peaches Teddi Graham	Second Snack: Apple Sauce Tea Biscuits	
12 Childcare Only Yogurt Pineapple	13 Childcare Only Teddy Grahams Orange	14 Childcare Only Cereal: Corn Flakes Milk	15 Childcare Only Tortilla Chips Salsa	16 Childcare Only Cottage Cheese Pears
Childcare closes at 5:00pm	Childcare closes at 5:00pm	Childcare closes at 5:00pm	Childcare closes at 5:00pm	Childcare closes at 5:00pm
19 Cottage Cheese Pineapple	20 Tuna Salad Wheat Crackers	21 Tea Biscuits Canned Peaches	22 Tortilla Chips Salsa	23 Sliced Cheese Snack Crackers
Rice Cakes & Jam Milk	Animal Crackers Orange	Cereal: Rice Krispies Milk	Hummus Sliced Cucumber	Blueberry Muffins Milk
26 Yogurt Pineapple	27 Egg Salad Rice Cakes	28 Cereal: Cheerios Milk	29 Graham Crackers Apple Sauce	30 Cottage Cheese Pears
Couscous & Raisin Salad Milk	Second Snack: Tea Biscuits Orange	Banana Bread Canned Peaches	Tortilla Chips Salsa	Cereal: Corn Flakes Milk

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