

# June-2026

**Breakfast:**  
 1-2      3-5      6-12  
 Milk            1/2 c      3/4 c      1 c  
 Fruit, Veg or both    1/4 c      1/2 c      1/2 c  
 Grains/Breads    1/2 oz eq   1/2 oz eq   1 oz eq  
 Dry Cereal            1 oz  
 Meat/Meat Alt.    1/2 oz      1/2 oz      1 oz  
 \*Select 2 of the 5 components

**Lunch:**  
 1-2      3-5      6-12  
 Milk            1/2 c      3/4 c      1 c  
 Grains/Breads    1/2 oz eq   1/2 oz eq   1 oz eq  
 Pasta/Noodles            1/4 c  
 Fruit            1/8 c      1/4 c      1/4 c  
 Vegetables       1/8 c      1/4 c      1/2 c  
 Meat/Meat Alt.    1 oz      1.5 oz.    2 oz.

**PM Snack:**  
 1-2      3-5      6-12  
 Milk            1/2 c      1/2 c      1 c  
 Fruit            1/2 c      1/2 c      1/2 c  
 Vegetable       1/2 c      1/2 c      3/4 c  
 Grains/Breads    1/2 oz eq   1/2 oz eq   1 oz eq  
 Meat/Meat Alt.    1/2 oz      1/2 oz      1 oz  
 \*Select 2 of the 5 components

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	<i>Summer Camp Begins</i>	<b>2</b>	<i>Wingfoot Lake Park</i>	<b>3</b>		<b>4</b>	<i>Orange Village Park</i>	<b>5</b>	
BR -	Mini Muffins/Oranges/Milk	BR -	Chex Cereal/Bananas/Milk	BR -	Bagel/Cream Cheese/Strawberries/Milk	BR -	Life Cereal/Grapes/Milk	BR -	Pancakes/Blueberries/Milk
LN -	Chicken Nuggets/Corn/Peaches/Milk	LN -	Peanutbutter and Jelly on WW/Carrots/Mandrine Oranges/Milk	LN -	All Beef Hot Dog/WW Bun/French Fries/Pineapple/Milk	LN -	Chicken and Cheese on WW/Cucumbers/Peaches/Milk	LN -	Tacos on WW/Salad/Pears/Milk
SN -	Goldfish/Milk	SN -	Animal Crackers/Milk	SN -	Multigrain Crackers/Cheese Sticks/Milk	SN -	Graham Crackers/Milk	SN -	Pretzels/Milk
<b>8</b>		<b>9</b>	<i>MAPS Museum</i>	<b>10</b>	<i>Outback Ray</i>	<b>11</b>	<i>Hudson Springs Park</i>	<b>12</b>	
BR -	Mini Muffins/Oranges/Milk	BR -	Cherrios/Bananas/Milk	BR -	Waffles/Strawberries/Milk	BR -	Cinnamon Raisin Bread/Grapes/Milk	BR -	Pancakes/Blueberries/Milk
LN -	Turkey Meatball Subs on WW/Corn/Peaches/Milk	LN -	Chicken and Cheese WW Cracker Stackers/Cucumbers/Applesauce/Milk	LN -	WW Beefaroni/Mixed Veggies/Fruit Cocktail/Milk	LN -	Turkey and Cheese on WW/Celery/Mandrine Oranges/Milk	LN -	Chicken Strips/Green Beans/Pears/Milk
SN -	Teddy Grahams/Milk	SN -	Butter Smooth Crackers/Milk	SN -	Scooby Snacks/Apple Sauce/Milk	SN -	Cheese itZ/Milk	SN -	Cheese Crackers/Milk
<b>15</b>		<b>16</b>	<i>Sunny Lake Park</i>	<b>17</b>		<b>18</b>	<i>Swimming</i>	<b>19</b>	<i>Doughnuts With Dad</i>
BR -	Mini Muffins/Oranges/Milk	BR -	Life Cereal/Bananas/Milk	BR -	Cinnamon Raisin Bread/Cream Cheese/Strawberries/Milk	BR -	Blueberry Parfait/Milk	BR -	Waffles/Grapes/Milk
LN -	Chicken Patty on WW/Corn/Mandrine Oranges/Milk	LN -	Chicken and Cheese on WW/Green Peppers/Peaches/Milk	LN -	Nachos/Salad/Pineapple/Milk	LN -	Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN -	Sloppy Joes on WW/Mixed Veggies/Pears/Milk
SN -	Saltines/Milk	SN -	Pretzels/Milk	SN -	Vanilla Yogurt/Vanilla Wafers/Milk	SN -	Butter Smooth Crackers/Milk	SN -	Graham Crackers/Milk
<b>22</b>		<b>23</b>	<i>Fred Fuller Park</i>	<b>24</b>	<i>Lake Metropark Farm Park (5-9yr)</i>	<b>25</b>	<i>Urban Air (10-12yr)</i>	<b>26</b>	
BR -	Mini Muffins/Oranges/Milk	BR -	Corn Flakes/Bananas/Milk	BR -	Pancakes/Grapes/Milk	BR -	Bagles/Cream Cheese/Strawberries/Milk	BR -	FrenchToast Sticks/Blueberries/Milk
LN -	WW Chicken Alfredo/Broccoli/Peaches/Milk	LN -	Turkey and Cheese/Green Peppers/Pinapples/Milk	LN -	Peanutbutter and Jelly on WW/Carrots/Pears/Milk	LN -	Ham and Cheese Cracker Stackers /Cucumber/Mandrine Oranges/Milk	LN -	WW Beefaroni/Cauliflower/Fruit Cocktail/Milk
SN -	Animal Crackers/Milk	SN -	Cheez-its/Milk	SN -	Chips and Salsa/Milk	SN -	Goldfish/Milk	SN -	Pretzels/Milk
<b>29</b>		<b>30</b>	<i>Atlas Cinema Movie Day</i>						
BR -	Mini Muffins/Oranges/Milk	BR -	Chex Cereal/Bananas/Milk	BR -		BR -		BR -	
LN -	All Beef Hotdogs on WW/Corn/Pineapple/Milk	LN -	Chicken and Cheese on WW/Cucumbers/Applesauce/Milk	LN -		LN -		LN -	
SN -	Graham Crackers/Milk	SN -	Cheese Crackers/Milk	SN -		SN -		SN -	

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months  
 Skim Milk = Children over 24 months  
 WG = Whole Grain / WW = Whole Wheat