JEFFERY'S CATERING

Day Care Lunch June 2010

	1 Make Your Own Joe 3/8 c Turkey 1 oz Whole Wheat Bun ¼ c Tossed Salad ¼ c Mixed Fruit ¾ Milk Veg 3/8 c Soy Protein Joe	2 2 oz CN Baked Fish Filet ½ Slice Pumpernickel Bread ¼ c Spinach ¼ c Citrus Salad ¾ c Milk Veg Same	3 5/8 c Moroccan Chicken 2 oz Chicken, ¼ c vegetables ¼ c Couscous ¼ c Tossed Salad ¾ c Milk Veg: Veg Chicken Couscous bowl	4 2 oz Cheeseburger Whole Wheat Hamburger Bun ¼ c Broccoli ¼ c Applesauce ¾ c Milk Veg Veggie Patty
7 2 oz Meatloaf & Gravy ¼ c Biscuit Roll ¼ c Corn ¼ c Pears ¾ c Milk Veg Veggie Pasta Primavera	8 Make Your Own Wrap 1 oz Turkey, 1 oz Cheese, ¼ c Shredded Lettuce, 1 TBSP Ranch Dressing 1 Flour Tortilla ¼ c Pineapple Rings ¾ c Milk Veg Southwest veggie wrap	9 ½ c Cheese Manicotti 1 ½ oz meat alternate, 1 oz bread ¼ c Tossed Salad w dressing ¼ c Peach ¾ c Milk Veg Same	10 Australia 2 oz Aussie Beef Burger Wheat Bun ¼ c Green Beans ¼ c Honeydew ¾ c Milk Veg: Veggie Patty	11 Oven Baked Chicken Leg 1 oz Corn Bread ¼ c Peas & Carrots ½ Banana ¾ c Milk Veg 3 Chix Nuggets
14 6 oz Vegetarian Chili D 26 2 oz Meat alternate, ¼ c vegetable ¼ c Rice ¼ c Mixed Fruit ¾ c Milk Veg Same	15 Make Your Own Boat ¼ c Chicken salad ½ oz American Cheese, 1 Hot Dog Bun ¼ c Carrot Sticks ¼ c Strawberries ¾ c Milk Veg: Veggie Wrap	16 Vegetable Frittata D-1 1 ½ meat alternate, ¼ c Vegetables 1 oz Wheat roll ¼ c Pineapple ¾ c Milk Veg Same	17 Korea ½ c Bul Ko Kee ¼ c Rice ¼ c Ho Bak Jeon ¼ c Citrus Salad ¾ c Milk Veg Barbecue Soy Protein	18 4 Chicken Nuggets ¼c Noodles ¼ c Tossed Salad ¼ c Cantaloupe ¾ c Milk Veg 3 Chix Nuggets
21 ½ c Macaroni & Cheese ¼ c Spinach ¼ c Honeydew ¾ c Milk Veg Same	22 Make Your Own Taco ¼ c Ground Beef, 1 oz Cheese, 1 Tortilla ¼ c shredded Lettuce & Tomatoes ¼ c Strawberries ¾ c Milk Veg ¼ c Black Bean Strips	23 2 oz Baked Fish Filet ¼ c Rice ¼ c Sweet Potato ½ Banana ¾ c Milk Veg Same	24 France ½ Sandwich Grille a Fromage 1 Slice Whole Wheat Bread, 1 ½ oz Cheddar ¼ c Tossed Salad ¼ c Pineapple, ¾ c Milk Veg Same	25 Hamburger Whole Wheat Hamburger Bun ¼ c Green Beans ¼ c Mixed Fruit ¾ c Milk Veg Garden Burger
28 3/8 c Black Beans ¼ c Rice ¼ c Green Peas and Pimento ¼ c Sliced Peaches ¾ c Milk Veg Same	29 Make Your Own Sub 3 Meatballs, 1 TBSP Parmesan Cheese, Whole Wheat Hot Dog Bun ¼ c Tossed Salad ¼ c Citrus Salad, ¾ c Milk Veg .Italian Veggie Wrap	30 ½ Mexican Pizza Burrito D-13 1 ½ oz meat alternate, 1/8 c vegetable, Bread ¼ c Salsa C-3 ¼ c Cantaloupe ¾ c Milk Veg Same		

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