



Sweet Beginnings Early Learning Center

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST: Sausage biscuit, melon, milk LUNCH: Mac & cheese w/ham and spinach, peas, oranges, milk SNACK: Graham crackers & milk	2 BREAKFAST: Cinnamon toast, peaches, milk LUNCH: Turkey & cheese sub, carrots, mixed fruit, milk SNACK: String cheese & crackers
5 BREAKFAST: Rice krispies, banana, milk LUNCH: Goulash w/ beef, broccoli, pineapple, milk SNACK: Roasted chickpeas & cucumbers	6 BREAKFAST: Pancakes, blueberries, milk LUNCH: Fiesta ranch chicken pasta salad, corn, grapes, milk SNACK: Goldfish & milk	7 BREAKFAST: Bagels w/cream cheese, applesauce, milk LUNCH: Ham/cheese sandwich, peas, peaches, milk SNACK: Cheerios & oranges	8 BREAKFAST: Oatmeal, pears, milk LUNCH: Beef stroganoff, carrots, apples, milk SNACK: Chex-mix & milk	9 BREAKFAST: Toast w/jelly, melon, milk LUNCH: Chicken Quesadillas, green beans, mixed fruit, milk SNACK: String cheese & crackers
12 BREAKFAST: Corn flakes, banana, milk LUNCH: Sloppy joes w/bun, green beans, peaches, milk SNACK: Yogurt & apples	13 BREAKFAST: Waffles, pineapple, milk LUNCH: Ham, loaded potato salad, roll, oranges, milk SNACK: Cheese sandwich & milk	14 BREAKFAST: English Muffins w/jelly, apples, milk LUNCH: Cheeseburger w/bun, mixed veggies, kiwi, milk SNACK: Cottage cheese, carrots	15 BREAKFAST: French toast, blueberries, milk LUNCH: Bean & cheese burrito, corn, watermelon, milk SNACK: Muffins & milk	16 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Sweet & sour chicken, rice, stir-fry veggies, melon, milk SNACK: String cheese & crackers
19 BREAKFAST: Bran flakes, banana, milk LUNCH: BBQ chicken pizza, broccoli, grapes, milk SNACK: Roasted chickpeas & cucumbers	20 BREAKFAST: Pancakes, pineapple, milk LUNCH: Taco pasta salad w/ beef, corn, watermelon, milk SNACK: Animal crackers & milk	21 BREAKFAST: Bagels w/cream cheese, pears, milk LUNCH: Hot ham & cheese pinwheels, green beans, oranges, milk SNACK: Chex-mix & apples	22 BREAKFAST: Biscuits & gravy, blueberries, milk LUNCH: Turkey, mashed potatoes, peaches, roll, milk SNACK: Goldfish & milk	23 BREAKFAST: Toast w/jelly, applesauce, milk LUNCH: Chicken salad croissants, carrots, mixed fruit, milk SNACK: String cheese & crackers
26 BREAKFAST: Cheerios, banana, milk LUNCH: Chicken fajita bake w/ bell peppers, tortilla, kiwi, milk SNACK: Graham crackers & yogurt	27 BREAKFAST: Waffles, watermelon, milk LUNCH: Spaghetti w/beef, salad, mixed fruit, milk SNACK: Cheese sandwich & milk	28 BREAKFAST: English Muffin w/jelly, apples, milk LUNCH: Lemon pepper fish, green beans, roll, peaches, milk SNACK: Cottage cheese, pretzels	29 BREAKFAST: Sausage biscuit, blueberries, milk LUNCH: Chicken Alfredo, peas, melon, milk SNACK: Animal crackers & milk	30 BREAKFAST: Cinnamon roll, oranges, milk LUNCH: Turkey and cheese roll-up, cucumbers, pears, milk SNACK: String cheese & crackers

