

FEED YOUR CREATIVITY June

WEEK OF: **6/13/22-6/17/22**

ANNOUNCEMENTS:

Served Daily: Apple (18), Craisins (27)
White Milk (12), Chocolate Milk (20)
Orange juice (14)

***Carb count in Parentheses

MONDAY

Breakfast: Banana Bread (39g)
Cheese Stick
Fruit
Orange Juice
Milk Option

Lunch: Cheeseburger (27g)
French Fries (19g)
Steamed Carrots (4g)
Mixed Fruit (15g)
Milk Option

TUESDAY

Breakfast: Oatmeal (27g)
Cheese Stick
Fruit
Orange Juice
Milk Option

Lunch: Crisпитos (20g) W/
Spanish Rice (17g)
Beans (24g)
Salsa (5g)
Jell-O Fruit Cup (26g)
Milk Option

WEDNESDAY

Breakfast: Kolache (16g)
Fruit
Orange Juice
Milk Option

Lunch: Spaghetti (40g) W/
Garlic Stick (15g)
Mixed Vegetables (5g)
Cucumber & Tomato Cup (8g)
Rosy Applesauce (23g)
Milk Option

THURSDAY

Breakfast: Breakfast Pizza (27g)
Fruit
Orange Juice
Milk Option

Lunch: Sloppy Joe's (43g)
Broccoli W/ Cheese (7g)
Diced Pears (19g)
Milk Option

FRIDAY

Breakfast: Sausage & Egg
Croissant (29g)
Fruit
Orange Juice
Milk Option

Lunch: Pepperoni Pizza (33g)

Corn (19g)
Garden Veggies (5g)
Peaches (18g)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



Updated 1/1/2021
www.SquareMeals.org

FEED YOUR CREATIVITY June

WEEK OF: **6/20/22-6/24/22**

ANNOUNCEMENTS:

Served Daily: Apple (18), Craisins (27)
White Milk (12), Chocolate Milk (20)
Orange juice (14)

***Carb count in Parentheses

MONDAY

Breakfast: Muffin (33g)
Cheese Stick
Fruit
Orange Juice
Milk Option

Lunch: Creamy Chicken Noodle (45g)
Dinner Roll (29g)
Side Salas (7g)
Diced Pears (19g)
Milk Option

TUESDAY

Breakfast: Breakfast on a Stick (16g)
Cheese Stick
Fruit
Orange Juice
Milk Option

Lunch: Chicken Fajitas (33g) W/ Spanish Rice (17g)
Beans (24g)
Salsa (5g)
Jell-O Fruit Cup (26g)
Milk Option

WEDNESDAY

Breakfast: Breakfast Burrito (40g)
Fruit
Orange Juice
Milk Option

Lunch: Beef Ravioli (30g) W/ Garlic Stick (15g)
Mixed Vegetables (5g)
Cucumber & Tomato Cup (8g)
Rosy Applesauce (23g)
Milk Option

THURSDAY

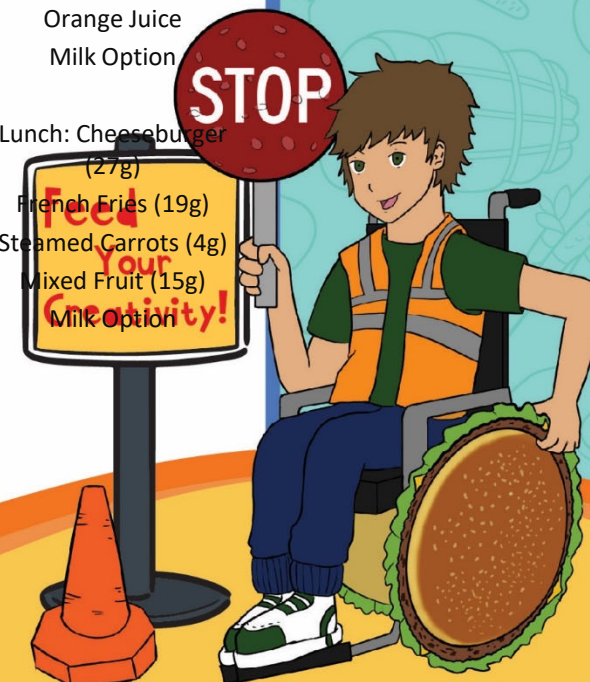
Breakfast: Breakfast Pizza (27g)
Fruit
Orange Juice
Milk Option

Lunch: Pepperoni Pizza (33g)
Corn (19g)
Garden Veggies (5g)
Peaches (18g)

FRIDAY

Breakfast: Sausage & Egg Croissant (29g)
Fruit
Orange Juice
Milk Option

Lunch: Cheeseburger (27g)
French Fries (19g)
Steamed Carrots (4g)
Mixed Fruit (15g)
Milk Option



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