

FWW YMCA/Timber Ridge June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Breakfast Fruit Oatmeal 4oz Diced Peaches 1% milk</p> <p>Lunch 3oz Ham and cheese sandwich WW/ bread 4oz Mandarin oranges 4oz Celery sticks 1% milk</p>	<p>2. Breakfast 1.3 oz cheerios 4oz Apple, 1% milk</p> <p>Lunch 2oz Turkey Ham sandwich WW/ bread 4oz Pickle spears 4oz Tropical Fruit 1% milk</p>	<p>3. Breakfast Cinnamon Toast crunch cereal (reduced Sugar) 4oz Pineapples, 1% Milk</p> <p>Lunch 3oz Chicken breast WW Bread. 4oz Cucumbers 4oz Peaches 1% milk</p>	<p>4. Breakfast 2 Nutri-grain Bars 4oz fruit Cocktail 1% Milk</p> <p>Lunch 2oz Turkey sandwich WW Bread. 4oz Baby Carrots 4oz Pineapples 1% milk</p>	<p>5. Breakfast Frosted Flakes cereal (reduced Sugar) 4oz Diced Pears, 1% Milk</p> <p>Lunch (CN) Cheese Pizza 4oz Cucumbers & Tomato salad. 4oz Mandarin oranges 1% Milk</p>
<p>8. Breakfast Grits 4oz Pineapples 1% milk</p> <p>Lunch 2oz Turkey Ham sandwich WW/ bread 4oz Pickle spears 4oz Tropical Fruit 1% milk</p>	<p>9. Breakfast Rice Krispies cereal 4oz fruit cocktail 1% milk</p> <p>Lunch 2.5 oz Grilled chicken Wrap, WW tortilla / 4oz lettuce & tomato 4oz Pineapples 1% Milk</p>	<p>10. Breakfast 2(WG) Strawberry Pop-tarts 4oz Diced Peaches 1% milk</p> <p>Lunch 2oz Turkey sandwich WW Bread. 4oz Baby carrots 4oz Mandarin oranges 1% milk</p>	<p>11. Breakfast Rice Chex cereal 4oz Diced Pears 1% milk</p> <p>Lunch 3oz Ham and cheese sandwich WW/ bread 4oz Diced Peaches 4oz Celery sticks 1% milk</p>	<p>12. Breakfast Fruit oatmeal 4oz Tropical Fruit 1% milk</p> <p>Lunch (CN) Cheese Pizza 4oz Cucumbers & Tomato salad. 4oz Diced Pears 1% Milk</p>
<p>15. Breakfast 2 Nutri-grain Bars 4oz Tropical fruit 1% Milk</p> <p>Lunch 3oz Turkey & cheese WW Bread 4oz Baby Carrots 4oz Pineapples 1% milk</p>	<p>16. Breakfast Frosted Flakes cereal (reduced Sugar) 4oz Diced Pears, 1% Milk</p> <p>Lunch 2oz Turkey Ham sandwich WW/ bread 4oz Pickle spears 4oz Tropical Fruit 1% milk</p>	<p>17. Breakfast Cinnamon Toast crunch cereal (reduced Sugar) 4oz Mandarin oranges, 1% Milk</p> <p>Lunch 2oz Smoked Ham sandwich WW/ bread 4oz Celery sticks 4oz Diced Pears 1% milk</p>	<p>18. Breakfast 2(WG) Strawberry Pop-tarts 4oz Diced Peaches 1% milk</p> <p>Lunch 3oz Chicken breast WW Bread. 4oz Cucumbers 4oz Peaches 1% milk</p>	<p>19. Breakfast 1.3 oz cheerios 4oz diced Pears 1% milk</p> <p>Lunch (CN) Cheese Pizza 4oz Cucumbers & Tomato salad. 4oz Mandarin oranges, 1% Milk</p>
<p>22. Breakfast Rice Krispies cereal 4oz pineapples 1% milk</p> <p>Lunch 4oz Baked Ziti WW/ pasta 4oz Corn 4oz Baked Apples 1% milk</p>	<p>23. Breakfast 2(WG) Strawberry Pop-tarts 4oz Diced Peaches 1% milk</p> <p>Lunch 2oz Turkey Ham sandwich WW/ bread 4oz Pickle spears 4oz Tropical Fruit 1% milk</p>	<p>24. Breakfast Rice Chex cereal 4oz Diced Pears 1% milk</p> <p>Lunch Hot dog Wheat bun Baked beans (4oz) Fruit Cocktail (4oz) 1% Milk</p>	<p>25. Breakfast Turkey Sausage Biscuit, 4oz Mandarin oranges 1% milk</p> <p>Lunch 2.5 oz Grilled chicken Wrap, WW tortilla / 4oz lettuce & tomato 4oz Pineapples 1% Milk</p>	<p>26. Breakfast Frosted Flakes cereal 4oz Apple 1% milk</p> <p>Lunch (CN) Cheese Pizza 4oz Cucumbers & Tomato salad. 4oz Mandarin oranges, 1% Milk</p>

<p>29. Breakfast Cinnamon Toast crunch cereal (reduced Sugar) 4oz Mandarin oranges, 1% Milk</p> <p>Lunch 3oz Smoked Turkey sandwich WW/ bread 4oz Celery sticks 4oz Diced Pears 1% milk</p>	<p>30. Breakfast Egg and cheese breakfast Burrito 4oz pineapples 1% milk .</p> <p>Lunch Hamburger Wheat bun Potato tots (4oz) Sliced peaches (3oz) Low-fat Milk</p>			

***Milk served is 1% unflavored. All children served are above 2 years of age.
If flavored milk is served, only to ages 6 and older, and milk is fat free.***

This institution is an equal opportunity provider.