



## June 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	<b>3</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>4</b> Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	<b>5</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>6</b> (V) Lasagna Tossed salad Fresh fruit
<b>9</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>10</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	<b>11</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	<b>12</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>13</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
<b>16</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	<b>17</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>18</b> Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	<b>19</b> Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	<b>20</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>23</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>24</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	<b>25</b> Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>26</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>27</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
<b>30</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal  
 #Gluten free

\*Whole grain  
 ^Vegan

**\*For Infant through Toddler (SH) and Preschool (McL) classrooms, children will receive cooked vegetables instead of salad and coleslaw. GFC offers a rotation of green beans, carrots, peas, broccoli and yellow squash.**