

June 2023

MON	TUES	WED	THURS	FRI
Jerk Chicken 'Skewers' w/ Coconut Rice & Pineapple Cilantro Relish	Ground Turkey Meatloaf w/ Mashed Potato & Gravy	Chicken Spinach Alfredo & Penne Pasta w/ Broiled Lemon Pepper Asparagus Spears	1 Pulled Pork BBQ Sliders w/ Cucurbit Medley	2 Parsley Garlic Grilled Chicken w/ Rosemary Macaroni and Cheese
5 Sesame Pork w/ Veggie Stir Fry	6 Chicken Tikka Masala w/ Garlic Basmati Rice	7 Beef Bolognese & Rotini w/ Garlic Roasted Broccoli	8 Lemon Pepper Chicken w Garlic Basil Quinoa	9 Cilantro Lime Pork w/ Spanish Red Rice
12 Spaghetti & Meatballs in Marinara Sauce w/ Garlic Bread	13 Chicken Pesto Pasta w/ Roasted Butternut Squash	14 Ground Turkey Lasagna w/ Crispy Brussel Sprouts	15 Cilantro Garlic Chicken w/ Refried Pinto Beans & Cotija Cheese Topping	16 Hawaiian Pulled Pork Sliders w/ Red Skin Potato Salad
19 Rosemary Thyme Baked Chicken Thighs w/ Garlic Butter Mashed Potato	20 Veggie Lo Mein & Veggie Spring Rolls	21 Sesame Garlic Chicken w/ Korean Japchae	22 Tomato Basil Soup & Grilled Cheese	23 Baked Chicken Thighs w/ Roasted Potato & Carrot
26 Ginger Garlic Beef w/ Basil Basmati Rice & Peas	27 Mild Jamaican Jerk Chicken w/ Coconut Rice & Roasted Squash & Zucchini	28 Hawaiian Style Pork & Pineapple Fried Rice	29 Sweet & Sour Chicken w/ Edamame & White Rice	30 Beef Fajitas w/ Garlic Rice & Cilantro Lime Pinto Beans

NOTES

Please see the "Weekly Meals" item as you purchase; it will include a place for you to write in the Dietary Restrictions (i.e. "No Pork" or "Vegetarian") of your little one. If your child is 3 days a week, please do not forget to write in the days they attend!