

JUNE SELF PREP SUMMER MENU Williams and Defiance County

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Nuggets	Cream Chicken Sandwich	Magic Meatballs	Taco Salad w/ Corn Chips	Chicken Alfredo
Celery Sticks w/ ranch (2oz)	Tater Tots (2oz)	Mashed Potatoes (2oz)	Lettuce, Tomato (2oz)	Spinach Salad w/Ranch (2oz)
Whole Apple (4oz)	Fresh Banana (4oz)	Mixed Fruit (4oz)	Whole Orange (4oz)	Fresh Grapes (4oz)
Bread and Butter		Dinner Roll	Sour Cream, Salsa	Garlic Bread
1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)
10	11	12	13	14
Spaghetti and Meatballs	Roasted Chicken	Meat and Cheese Sub	Hot Dog w/ WG Bun	Cheese Pizza
Cauliflower w/ Ranch (2oz)	Redskin Potatoes (2oz)	Carrots w/ ranch	Fresh Celery w/ PB Cup (2oz)	Side Salad w/Ranch(2oz)
Fresh Kiwi (4oz)	Applesauce (4oz)	Fresh melon (4oz)	Fresh Grapes (4oz)	Fresh Fruit Salad (4oz)
Bread Stick	Dinner Roll			
1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)
17	18	19	20	21
Turkey Roll-up w/ WG Tortilla	Meat and Cheese Cubes	Closed	Chicken Quesadilla	Sloppy Joe w/ WG Bun
Fresh Cherry Tomatoes (2oz)	Fresh Cucumbers (2oz)	Juneteenth Observation	Lettuce, Tomato (2oz)	Fresh Broccoli w/ Dip(2oz)
Fresh Melon (4oz)	Fresh Watermelon (4oz)		Fresh Apples Slices (4oz)	Pineapple (4oz)
1½ Milk (8oz)	1½ Milk (8oz)		Sour Cream, Salsa	
			1½ Milk (8oz)	1½ Milk (8oz)
24	25	26	27	28
Chicken Patty Sandwich	Pancakes and Sausage	Pizza Sandwich	Cheeseburger w/ WG Bun	Chicken Nuggets
Tater Tots (2oz)	Cinnamon Sweet Potato(2oz)	Green Beans (2oz)	Fresh Carrot Sticks (2oz)	Celery Sticks w/ ranch (2oz)
Fresh Strawberries (4oz)	Fresh Banana (4oz)	Applesauce (4oz)	Fresh Orange Slices (4oz)	Whole Apple (4oz)
		Marinara Dipping Sauce		Bread and Butter
1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)	1½ Milk (8oz)

All meat/proteins offered are a minimum of 2 oz. and all grain products are whole wheat/whole grain and are a minimum of 4oz.

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