

# COOKS CULINARY MANAGEMENT

## Monthly Menu Calendar

May 31 - June 30

	Monday 5/30	Tuesday 5/31	Wednesday 6/1	Thursday 6/2	Friday 6/3
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate		W6 Cinnamon Toast Crunch	W6 Frosted Flakes	W6 Fruit Loops	W6 Apple Jacks
Fruit		4 oz. 100% Apple Juice	Whole Apple	4 oz. 100% Apple Juice	Whole Apple
Fluid Milk		* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
<b>LUNCH</b>					
Meat/Meat Alternate		2 oz. Turkey and Cheese	2 oz. Chicken Nuggets (CN)	4 oz. Turkaroni	Chicken (2 oz) Fried Rice
Whole Grain/Grain Alternate		1 oz. Sliced Bread	1 oz. Grain	(2 oz. ground turkey, 1 oz noodles)	4 oz. Rice
Vegetable or Fruit		Whole Apple	8 oz. 100% Vegetable Juice	Whole Orange	Whole Apple
Vegetable		4 oz. Baby Carrots	4 oz. Tater Tots	8 oz. 100% Vegetable Juice	4 oz. Peas and Carrots
Fluid Milk		* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 6/6	Tuesday 6/7	Wednesday 6/8	Thursday 6/9	Friday 6/10
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	W6 Cheerios	W6 Cinnamon Toast Crunch	W6 Frosted Flakes	W6 Fruit Loops	W6 Apple Jacks
Fruit	Whole Apple	4 oz. 100% Apple Juice	Whole Apple	4 oz. 100% Apple Juice	Whole Apple
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. General Tse's Chicken	2 oz. Turkey BBQ Meatballs	2 oz. Chicken Nuggets (CN)	2 oz. Cheddar Cheese	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	4 oz. Rice	W6 Crackers	1 oz. Grain	4 oz. Macaroni Noodles	1 oz. Sliced Bread
Vegetable or Fruit	Whole Apple	Whole Orange	8 oz. 100% Vegetable Juice	Whole Banana	Whole Apple
Vegetable	4 oz. Baby Carrots	4 oz. Mashed Potatoes	4 oz. Tater Tots	4 oz. Tossed Salad	4 oz. Baby Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 6/13	Tuesday 6/14	Wednesday 6/15	Thursday 6/16	Friday 6/17
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	W6 Cheerios	W6 Cinnamon Toast Crunch	W6 Frosted Flakes	W6 Fruit Loops	W6 Apple Jacks
Fruit	Whole Apple	4 oz. 100% Apple Juice	Whole Apple	4 oz. 100% Apple Juice	Whole Apple
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Popcorn Chicken (CN)	2 oz. Turkey and Cheese	2 oz. Chicken Nuggets (CN)	4 oz. Turkaroni	Chicken (2 oz) Fried Rice
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Sliced Bread	1 oz. Grain	(2 oz. ground turkey, 1 oz noodles)	4 oz. Rice
Vegetable or Fruit	Whole Orange	Whole Apple	8 oz. 100% Vegetable Juice	Whole Orange	Whole Apple
Vegetable	4 oz. Mixed Vegetables	4 oz. Baby Carrots	4 oz. Tater Tots	8 oz. 100% Vegetable Juice	4 oz. Peas and Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 6/20	Tuesday 6/21	Wednesday 6/22	Thursday 6/23	Friday 6/24
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	W6 Cheerios	W6 Cinnamon Toast Crunch	W6 Frosted Flakes	W6 Fruit Loops	W6 Apple Jacks
Fruit	Whole Apple	4 oz. 100% Apple Juice	Whole Apple	4 oz. 100% Apple Juice	Whole Apple
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. General Tse's Chicken	2 oz. Turkey BBQ Meatballs	2 oz. Chicken Nuggets (CN)	2 oz. Cheddar Cheese	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	4 oz. Rice	W6 Crackers	1 oz. Grain	4 oz. Macaroni Noodles	1 oz. Sliced Bread
Vegetable or Fruit	Whole Apple	Whole Orange	8 oz. 100% Vegetable Juice	Whole Banana	Whole Apple
Vegetable	4 oz. Baby Carrots	4 oz. Mashed Potatoes	4 oz. Tater Tots	4 oz. Tossed Salad	4 oz. Baby Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 6/27	Tuesday 6/28	Wednesday 6/29	Thursday 6/30	
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	W6 Cheerios	W6 Cinnamon Toast Crunch	W6 Frosted Flakes	W6 Fruit Loops	
Fruit	Whole Apple	4 oz. 100% Apple Juice	Whole Apple	4 oz. 100% Apple Juice	
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Popcorn Chicken (CN)	2 oz. Turkey and Cheese	2 oz. Chicken Nuggets (CN)	4 oz. Turkaroni	
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Sliced Bread	1 oz. Grain	(2 oz. ground turkey, 1 oz noodles)	
Vegetable or Fruit	Whole Orange	Whole Apple	8 oz. 100% Vegetable Juice	Whole Orange	
Vegetable	4 oz. Mixed Vegetables	4 oz. Baby Carrots	4 oz. Tater Tots	8 oz. 100% Vegetable Juice	
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

When "Grain" is listed, a CN labeled product has been used to provide the required grain component of the meal.  
 CN labels are kept on file and can be provided to you upon request. To submit a request, please visit [www.cooksculinary.com](http://www.cooksculinary.com) and visit our support page.

We value your feedback! Please scan the QR code to provide any and all feedback or suggestions for meals.

