

June 2012

Monday					Tuesday					Wednesday					Thursday					Friday																																																																					
<p style="text-align: center;"><u>May</u></p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>					M	T	W	TH	F		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31		<p style="text-align: center;"><u>July</u></p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>					M	T	W	TH	F	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31														<p><u>1</u> Breakfast: Cereal Bowl OR Tac-Go</p> <p>French Bread Cheese Pizza Tossed Salad Ranch Dressing Pears</p>					<p style="text-align: center;">Corn, Tomato & Black Bean Salsa (makes 4-$\frac{1}{2}$ cup servings)</p> <p>1 15 oz. can black beans 1 cup diced tomatoes 1 15 oz canned corn 1 clove garlic, minced 1/2 onion, diced 4 sprigs cilantro, chopped 1 lime 1/2 tsp. chili powder 1/4 tsp, cayenne pepper</p> <p>Instructions: Drain and thoroughly rise beans. In a bowl, combine black beans, tomatoes, corn, garlic, onion and cilantro. Squeeze lime over ingredients. Add chili pepper and cayenne pepper and mix. Serve.</p> <p>Nutritionals: Calories 253 Sodium 311 mg Fiber 12.9 g Carbohydrates 52.28 g Total Fat 1.28 g</p>				
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<p><u>4</u> Breakfast: Cereal Bowl OR Bagel & Cream Cheese</p> <p style="text-align: center;">Oven Roasted Chicken Corn on the Cob Diced Pears Dinner Roll</p>					<p><u>5</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p style="text-align: center;">Sunnyside Up Sandwich (Egg, Ham, Cheese on an English Muffin) Tater Tots Orange Juice</p>					<p><u>6</u> Breakfast: Cereal Bowl OR Cereal Bar & String Cheese</p> <p style="text-align: center;">Beef Spaghetti String Cheese Tossed Salad Ranch Dressing Applesauce</p>					<p><u>7</u> Breakfast: Cereal Bowl OR Cheese Skillet Omelet</p> <p style="text-align: center;">Crispy Chicken Sandwich Lettuce & Pickles Frozen Peach Cup Dino Bites</p>					<p><u>8</u> Breakfast: Cereal Bowl OR French Toast Stick</p> <p style="text-align: center;">Bean & Cheese Burrito Jicama Sticks Mixed Fruit</p>																																																																					
<p><u>11</u> Breakfast: Cereal Bowl OR Bagel & Cream Cheese</p> <p style="text-align: center;">Corn Dog Pinto Beans Peaches June Birthday Cookie</p>					<p><u>12</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p style="text-align: center;">Cheese Pizza Applesauce Corn Nibbles</p>					<p><u>13</u> Breakfast: Cereal Bowl OR Cereal Bar & String Cheese</p> <p style="text-align: center;">Crispy Chicken Sandwich Lettuce & Pickles Mixed Fruit Lemon Dinosaur Cookie</p>					<p><u>14</u> Breakfast: Cereal Bowl OR Breakfast Wrap</p> <p style="text-align: center;">Popcorn Chicken Peaches Baby Carrots</p>					<p><u>15</u> Breakfast : Cereal Bowl OR Cheese Skillet Omelet</p> <p style="text-align: center;">Grilled Cheese Sandwich Green Beans Pears</p>																																																																					
																																																																																									
<p><u>25</u> Summer School Begins (Tentatively) CHOICE OF: Cereal Bar & String Cheese <u>OR</u> Bagel and Cream Cheese <u>OR</u> Cinnamon Bun <u>OR</u> Cereal Bowl Fruit or Juice Milk</p>					<p><u>26</u> CHOICE OF: Cereal Bar & String Cheese <u>OR</u> Bagel and Cream Cheese <u>OR</u> Cinnamon Bun <u>OR</u> Cereal Bowl Fruit or Juice Milk</p>					<p><u>27</u> CHOICE OF: Cereal Bar & String Cheese <u>OR</u> Bagel and Cream Cheese <u>OR</u> Cinnamon Bun <u>OR</u> Cereal Bowl Fruit or Juice Milk</p>					<p><u>28</u> CHOICE OF: Cereal Bar & String Cheese <u>OR</u> Bagel and Cream Cheese <u>OR</u> Cinnamon Bun <u>OR</u> Cereal Bowl Fruit or Juice Milk</p>					<p><u>29</u> CHOICE OF: Cereal Bar & String Cheese <u>OR</u> Bagel and Cream Cheese <u>OR</u> Cinnamon Bun <u>OR</u> Cereal Bowl Fruit or Juice Milk</p>																																																																					