

Hernando County Menu June 2021

Kelly Urbanik RD, CSP, CNCS, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
	1 Breakfast: Corn Flake, Applesauce, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: WG Muffins, Milk	2 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Brown Rice Gravy, Peas, Carrots, Peaches, Milk Snack: Whole Wheat Bread, PBJ	3 Breakfast: Banana Muffin, Cranberry Juice, Milk Entrée: Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk Snack: Sun Chips, Milk	4 Breakfast: French toast, Juice, Milk Entrée: Cheese Burger Sweet potato Fries, Pineapples, Milk Snack: Whole Wheat Crackers, Tropical Fruit
7 Breakfast: Whole Grain Pancake, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk Snack: Sun Chips, Milk	8 Breakfast: Cheerios, Mandarin Oranges, Milk Entrée: Chicken Nuggets, Fries, Whole Wheat Dinner Roll, Peaches, Milk Snack: Applesauce, WG Muffin	9 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Turkey Sandwich	10 Breakfast: Corn Flakes, Cantaloupe, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	11 Breakfast: Cereal, Juice, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Whole Grain Fish Crackers, Apple sauce
14 Breakfast: Whole Grain Waffle Sticks, Mandarin Oranges, Milk Entrée: Corn Dogs, Broccoli w/Cheese, Fries, Peaches, Milk Snack: Hard Boiled Egg, Apricots	15 Breakfast: Cereal, Applesauce, Milk Entrée: Barbecue Chicken, Rice, Italian Green Beans, Pears, Milk Snack: whole Grain Fish crackers, Milk	16 Breakfast: Banana Muffin, Cantaloupe, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	17 Breakfast: Cereal, Banana, Milk Entrée: Lasagna, Green Beans, Italian Bread, Mandarin, Italian Bread, Milk Snack: Soft Whole Wheat Tortilla, Cheese	18 Breakfast: French Toast, Juice, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Whole Wheat Bread Peanut Butter/ Jelly
21 Breakfast: Pancake, Mixed Fruit, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Mixed Fruit, Milk Snack: Whole Grain Fish Crackers, Applesauce	22 Breakfast: Cereal, Fruit, Milk Entrée: Chicken Nuggets, Fries, Whole Wheat Dinner Roll, Apple Slice, Milk Snack: Whole Grain Crackers, Orange Juice	23 Breakfast: Blueberry Muffin, Juice, Milk Entrée: Barbecue Chicken, Brown Rice, Green Beans, Pears, Milk Snack: Applesauce, Whole Grain Muffin	24 Breakfast: Cereal, Fruit, Milk Entrée: Turkey Sandwich, Mixed Vegetables, Tropical Fruit, Milk Snack: Sun Chips, Milk	25 Breakfast: French toast, Juice, Milk Entrée: Cheese Burger Sweet Potato Fries, Pineapples, Milk Snack: Whole Wheat Crackers, Tropical Fruit
28 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Corn Dogs, Broccoli W/cheese Fries, Peaches Milk Snack: Turkey, Sliced Cheese	29 Breakfast: Corn Flake, Applesauce, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: WG Muffins, Milk	30 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Brown Rice Gravy, Peas, Carrots, Peaches, Milk Snack: Whole Wheat Bread, PBJ		