

Sandhills Children`s Center-Southern Pines Campus June 2017 Menu

| | Breakfast | Lunch | Snack |
|----------------------------|---|--|--|
| Thursday, June 1 | Mini Blueberry Muffins Bananas Milk | Turkey Hot Dogs on Wheat Buns Tater Tots, Pickles, Sliced Apples Milk | Wheat Crackers String Cheese Sliced Oranges |
| Friday, June 2 | Whole Wheat English Muffins w/ Strawberry Butter, Bananas Milk | Cheese Pizza on Wheat Crust Green Beans, Sliced Oranges Milk | Whole Grain Sun Chips Sliced Apples |
| Monday , June 5 | Whole Grain Cheerio Cereal Applesauce Milk | Fish Sticks Hush Puppies, Sweet Corn, Mandarin Oranges, Milk | Whole Grain Chow Mein Noodles Sliced Apples |
| Tuesday , June 6 | Buttered Grits, Wheat Bread Bananas Milk | Baked Beans w/ Diced Ham Sweet Corn, Bananas, Wheat Bread Milk | Cucumber Slices Goldfish Pretzels |
| Wednesday, June 7 | Whole Grain Cheerio Cereal Applesauce Milk | Whole Wheat Spaghetti Noodles w/ Ground Turkey Meat Sauce, Tossed Salad w/ Italian Dressing, Garlic Bread, Sliced Honey Dew, Milk | Cheez it Snack Crackers Bananas |
| Thursday, June 8 | Homemade Mini Strawberry Muffins Pineapple Tidbits Milk | Chicken Salad w/ Wheat Ritz Crackers Tossed Salad w/ Ranch Dressing, Sliced Cantaloupe, Milk | Whole Grain Rice Cakes w/ Avocado Spread, Sliced Oranges |
| Friday, June 9 | Whole Grain Blueberry Waffle Sticks w/ Strawberry Puree, Sliced Oranges Milk | Bacon Cheeseburger Pizza on Wheat Crust, Green Peas, Sliced Apples Milk | Whole Grain Strawberry Yogurt Filled Chex Snack Mix, Bananas |
| Monday, June 12 | Closed | Closed | Closed |
| Tuesday, June 13 | Whole Wheat Plain Waffles w/ Blueberry Spread, Diced Pears Milk | All White Meat Chicken Nuggets Peas and Carrots, Bananas, Wheat Rolls Milk | Rice Chex Cereal Snack Mix Raisins |
| Wednesday, June 14 | Turkey Sausage Links, Wheat Biscuits Sliced Oranges Milk | Turkey and Cheese Sandwiches on Wheat, Edamame Salad made w/ Brown Rice and Carrots, Sliced Apples Milk | Whole Grain Oyster Crackers Bananas |
| Thursday, June 15 | Plain Whole Wheat Cinnamon Rolls Pineapple Tidbits Milk | Baked Cod Fresh Squash, Sweet Potatoes, Hush Puppies, Sliced Honey Dew Milk | Whole Wheat Toasted Baggett`s w/ Marinara, Carrot Sticks |
| Friday, June 16 | Whole Wheat Cinnamon Raisin Bagels Pineapple Tidbits Milk | Hamburgers on Wheat Buns Baked French Fries, Sliced Oranges, Pickles, Milk | Whole Grain Chex Cheddar Snack Mix Sliced Oranges |
| Monday, June 19 | Whole Wheat Cinnamon Swirl French Toast w/ Strawberry Puree, Sliced Oranges, Milk | Homemade Sloppy Joes on Wheat Buns Cheese Potatoes, Bananas Milk | Whole Wheat Baked Veggie Sticks Bananas |
| Tuesday, June 20 | Cinnamon Raisin Bread w/ Homemade Strawberry Spread, Pineapple Tidbits Milk | Grilled Cheese on Wheat Grilled Mixed Vegetables, Pineapple Tidbits, Milk | Whole Wheat Thin Crackers Sliced Ham Sliced Cantaloupe |
| Wednesday, June 21 | Whole Wheat Biscuits w/ Blueberry Cream Cheese Spread, Sliced Oranges Milk | Homemade Tuna Salad Wheat Crackers, Cucumber Slices w/ Ranch Dressing, Sliced Cantaloupe, Milk | Corn Tortilla Chips w/ Cheese Dip Sliced Apples |
| Thursday, June 22 | Whole Wheat English Muffins w/ Ham and Cheese, Mixed Fruit Milk | Fresh Ravioli w/ Ground Turkey Meat Sauce, Green Peas, Bananas, Wheat Bread Milk | Town House Crackers Carrots Sticks w/ French Dressing |
| Friday, June 23 | Whole Wheat Blueberry Bagels w/ Blueberry Spread, Sliced Apples Milk | Homemade Turkey Burgers on Wheat Buns, Baked French Fries, Pickles, Sliced Oranges, Milk | Sliced Carrots and Cucumbers w/ Ranch Dip Wheat Crackers |
| Monday, June 26 | Raisin Bran Cereal Diced Peaches Milk | BBQ Chicken Sandwiches on Wheat Buns, Tater Tots, Sweet Pickles, Pineapple Tidbits, Milk | Goldfish Cheese Crackers Sliced Apples |
| Tuesday, June 27 | Cheese Grits, Wheat Bread Applesauce Milk | Grilled Chicken Breast w/ Zucchini and Carrot Ribbons, Sliced Oranges, Wheat Bread, Milk | Fresh Raw Green Beans w/ Ranch Dip Wheat Crackers Sliced Honey Dew |
| Wednesday , June 28 | Hash Browns, Turkey Sausage Sliced Oranges, Wheat Bread Milk | Veggie Meat Tray w/ Ham, Turkey, Marinated Veggies, Wheat Crackers, Bananas, Milk | Whole Grain Bread Sticks w/ Marinara Dip, Sliced Oranges |
| Thursday, June 29 | Whole Wheat Mixed Berry Loaf w/ Fresh Berries, Sliced Honey Dew Milk | Ham and Cheese Sandwiches on Wheat Green Peas, Pineapples Milk | Whole Grain Pretzel Sticks Sliced Cantaloupe |
| Friday, June 30 | Homemade Wheat Pancakes w/ Fruit Topping Sliced Oranges Milk | Tacos w/ Ground Chicken, Lettuce, Tomatoes, Cheese, Cucumbers, Tortilla Scoops, Sliced Apples, Milk | Ritz Crackers Sliced Cheese Sliced Apples |

Water is served throughout the day and with snack. Menu may vary depending on the availability of food.