

| WLW June 2026 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|---|---|--|---|
| BREAKFAST (Week 1) | 1 4 oz. Orange Juice 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 8 oz. 1% Low Fat Milk | 2 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz. 1% Low Fat Milk | 3 4 oz. Apple Juice 1 ea. Mini Wheats Cereal 1 Bagel 1 ea. Cream Cheese 2 Margaribe cups 8 oz. 1% Milk Low fat Milk | 4 4 oz. Apple Cherry Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread w/Jelly 8 oz 1% Milk | 5 4 oz. Orange Juice 2 sl. Raisin Bread 1 ea. Peanut Butter 1 ea. Nutri-Grain Bar 8 oz 1% Milk |
| LUNCH | 3 oz Meatballs in Onion Beef Gravy ½ c. Country Vegetable Medley ½ c. Potato Onion Souffle 1 Dinner Roll 4 oz. Apple Juice 8 oz 1% Milk | 3 oz. Sweet & Sour Chicken Thigh ½ c. Confetti Corn ½ c. Squash Carrot Medley 1 WG Roll 1 Cherry Cookie 8 oz. 1% Low Fat Milk | 3 oz. Beef Patty w/Brown Gravy ½ c/ Garlic Green Beans ½ c. Rice Pilaf 1 sl. WG Breaif 4 oz. Applesauce 8 oz. 1% Low Fat Milk | 3 oz Breaded Chicken Sandwich ½ c. Northern Bean w/ Peppers & Onions ½ c. Cheesy Mashed Potatoes 1 Hamburger Bun 1pkt. Ketchup 4 oz. Apple Cherry Juice 8 oz 1% Milk | 8 oz. Beef Macaroni Casserole ½ c. Butternut Squash ½ c. Glazed Carrots 1 sl. WW Bread 1 Sugar Cookie 8 oz. 1% Milk |
| BREAKFAST (Week 2) | 8 1 ea. Raisin Bran Cereal 2 sl. Rye Bread 1 ea. Peanut Butter/Margarine 4 oz. Apple Juice 8 oz. 1% Milk | 9 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. Peanut Butter/Margarine 4 oz. Fruit Cup 8 oz 1% Milk | 10 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk | 11 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 1 Banana 8 oz 1% Milk | 12 4 oz. Orange Juice 2 Hardboiled Egg 1 sl. Cheese 2 sl. WG Bread/margarine cups 8 oz. 1% Milk |
| LUNCH | 3 oz. Chicken Patty w/Mandarin Sauce ½ c. Sesame Green Beans ½ c. White Rice 1 WW Roll/ Margarine 4 oz. Citrus Fruit Cup 8 oz. 1% Milk | 3 oz. Cheeseburger w/Cheese ½ c. Peas & Carrots ½ c. Baked Beans 1 Hamburger Bun 1 pkt. Ketchup 8 oz 1% Milk | 3 oz. Chicken Thigh in A La King Sause ½ c. Black Eyed Peas ½ c. Corn w/Diced Tomatoes 1 sl. WW Bread 4 oz. Mixed Fruit Cup 8 oz 1% Milk | 3 oz. Meatloaf w/Tomato Sauce ½ c. Mashed Potatoes ½ c. Glazed Carrots 1 sl. WG Bread 4 oz. Apple Cherry Juice 8 oz. 1% Milk | 3 oz. Honey Orange Glazed Chicken Drumsticks ½ c. Brussels Sprouts ½ c. Butternut Squash 1 WW Roll 1 Margarine cup 8 oz. 1% Milk |
| BREAKFAST (Week 3) | 15 4 oz Orange Juice 2 oz. Cottage Cheese 1 ea. Peanut Butter 1 pk. Braham Crackers 2 sl. WG Bread 8 oz 1% Milk | 16 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz 1% Milk | 17 4 oz. Apple Juice 2 sl. Raisin Bread 1 ea. Peanut Butter/Jelly 1 ea. Nutri-grain Bar 8 oz Milk | 18 4 oz Orange Juice 2 sl. Raisin Bread 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk | 19 1 ea. Mini Wheats Cereal 2 sl. Rye Bread 1 ea. Peanut Butter/Jelly 4 oz. Applesauce 8 oz. 1% Milk |
| LUNCH | 8 oz. Chicken Parmesan ½ c. Green Beans ½ c. Parslied Carrots 1 sl. WG Bread w/margarine 1 Lemon Cookie 8 oz 1% Milk | 3 oz. Pulled Pork Sandwich ½ c. Stewed Tomatoes ½ c. Country Vegetable Medley 1 Hamburger bun 1 pk. Sandwich Cookies 1 Apple 8 oz 1% Milk | 3 oz. Sliced Roast Beef w/Mushroom Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts 1 WG Roll w/Margarine 4oz. Blended Juice 8 oz. 1% Milk *Holiday Dessert* | 3 oz. Honey Mustard Chicken Thigh ½ c. Peas & Carrots ½ c. Scalloped Potatoes 1 sl. WG Bread 8 oz 1% Milk | Vegetarian Burrito Bowl ½ c. Yellow Rice w/Tomato & Chives ½ c. Peppers & Onions ½ c. Black Beans & Corn Salsa 1 oz. Cheese 1 WW Tortilla 4oz. blended Juice 8 oz. 1% Milk |
| BREAKFAST (Week 4) | 22 4 oz Orange Juice 2 sl. WG Bread 2 Hardboiled Eggs 1 sl. Cheese 8 oz 1% Milk | 23 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. Peanut Butter/Margarine 4 oz. Fruit Cup 8 oz 1% Milk | 24 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz. 1% Milk | 25 4 oz. Apple Cherry Juice 2 sl. Raisin Bread 1 ea. Peanut Butter/Jelly 1 ea. Nutri-grain Bar 8 oz 1% Milk | 26 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz. 1% Milk |
| LUNCH | 3 oz. Chicken Thigh w/Gravy ½ c. Brussels Sprouts ½ c. Garlic Mashed Potatoes 1 sl. WG Bread 4 oz. Blended juice 8 oz. 1% Milk | 8 oz. Pasta Florentine Casserole ½ c. Carrot Coins ½ c. Green Beans w/ Red Peppers 1 WG Roll 8 oz. 1% Milk | 3 oz. Hamburger ½ c. Northern Beans w/Peppers & Onions ½ c. Diced Potatoes 1 Hamburger bun 1 pk. Graham Crackers 4 oz. Apple Cherry Juice 8 oz. 1% M | 3 oz Dijon Chicken Salad ½ c. Cucumber Red Onion Salad ½ c. Chickpea Salad 1 sl. WG Bread 1 pk. Sandwich Cookies 4 oz. Blended Juice 8 oz 1% Milk | 8 oz. Penne Bolognese ½ c. Peas & Carrots ½ c. Yellow Corn 1 sl. WG Bread 4 oz. Apple Juice 8 oz. 1% Milk |
| BREAKFAST (Week 1) | 29 4 oz. Orange Juice 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 8 oz. 1% Low Fat Milk | 30 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz. 1% Low Fat Milk | | | |
| LUNCH | 3 oz Meatballs in Onion Beef Gravy ½ c. Country Vegetable Medley ½ c. Potato Onion Souffle 1 Dinner Roll 4 oz. Apple Juice 8 oz 1% Milk | 3 oz. Sweet & Sour Chicken Thigh ½ c. Confetti Corn ½ c. Squash Carrot Medley 1 WG Roll 1 Cherry Cookie 8 oz. 1% Low Fat Milk | | This menu is subject to change! | |