

June 2022

Cape St. Francis

Monday

Tuesday

Wednesday

Thursday

Friday



1
Macaroni & Cheese
Garlic Naan Bread
Celery Sticks
Diced Pears
Milk or Water

2
Chicken Quesadilla
Garden Salad
Corn
Honeydew Melon
Milk or Water

3
Pancakes
Lite Syrup
Breakfast Turkey Patty
Orange Wedges
Milk or Water

6
Beef Burger
Creamy Pasta Salad
Carrot Coins
Mandarin Oranges
Milk or Water

7
Chicken Fajita
Whole Grain Rice
Corn
Watermelon
Milk or Water

8
Cheese Pizza
Mediterranean Orzo
Sliced Cucumbers
Peach Quarters
Milk or Water

9
Goulash
Caesar Salad
Carrot Sticks
Honeydew
Milk or Water

10
Chicken Penne Alfredo
Tossed Salad
Celery Sticks
Diced Pears
Milk or Water

13
Macaroni & Cheese
Garlic Naan Bread
Mixed Veggies
Orange Wedges
Milk or Water

14
Honey Garlic Meatballs
Whole Grain Rice
Carrot Sticks
Watermelon
Milk or Water

15
Cheese Pizza
Mediterranean Orzo
Sliced Cucumbers
Peach Quarters
Milk or Water

16
Chicken Caesar Wrap
Roasted Herb Potatoes
Corn
Diced Pears
Milk or Water

17
Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water



Thank you!

FOR YOUR SUPPORT this 2021- 2022 school year