



For Kids Only Afterschool - Carroll School, Peabody

June/July 2024 Breakfast & Lunch Menu



June 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24	25	26	27	28
BREAKFAST	WG Cereal & Fresh Fruit	WG Blueberry muffin & Fresh Fruit	WG Bagel with butter & Fresh Fruit	WG Pancakes, Syrup & Fresh Fruit	WG Croissant, Jelly & Fresh Fruit
LUNCH	Cheese Pizza <i>*provided by Meat Market (Winthrop)</i>	Korean BBQ Chicken Wrap with shredded lettuce, scallions & pickled vegetables	Ziti and Meatballs w/ Dinner Roll <i>*provided by Meat Market (Winthrop)</i>	Chicken Fajita Wrap with Cheddar & fresh veg	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit

July 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
BREAKFAST	Wg Cereal & Diced Pears	WG Corn Muffin Loaf /Fresh Fruit	WG Cereal w/ Apple sauce	FKO CLOSED	FKO CLOSED
LUNCH	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	BBQ chicken & Cheddar Wrap with Fresh Broccoli & Dip	Cheese Pizza and Fruit		
	8	9	10	11	12
BREAKFAST	WG Cereal & 100% Juice	WG Muffin & Fresh Fruit	WG Cereal w/ Apple sauce	WG Bagel w/ Jelly & Fresh Fruit	WG Croissant & Fresh Fruit
LUNCH	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Buffalo Chicken Hoagie, lettuce and Tomato, and Cucumber Wheels	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Chilled Greek Chicken Gyro Wrap, Onion, tomato and cucumber yogurt and Baby Carrots	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit
	15	16	17	18	19
BREAKFAST	WG Cereal & Diced Pineapple	WG Blueberry muffin/Fresh Fruit	WG Cereal w/ Apple sauce	WG Bagel w/ Jelly & Fresh Fruit	WG Pancakes, Syrup & Fresh Fruit
LUNCH	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Korean BBQ Chicken wrap, Shredded lettuce & pickled veggies and Fresh Broccoli & Dip	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Turkey & Cheese Sandwich, Lettuce, tomato & Mayo, and Cucumber Wheels	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit
	22	23	24	25	26
BREAKFAST	Wg Cereal & 100% Juice	Wg Banana Muffin w/Fresh Fruit	WG Cereal w/ Apple sauce	WG Bagel w/ Jelly & Fresh Fruit	WG Pancakes, Syrup & Fresh Fruit
LUNCH	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	All American Hoagie, Lettuce and Tomato, Baby carrots and dip	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Chilled Greek Chicken Gyro Wrap, Onion, tomato and cucumber yogurt	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit



Breakfast provided by FreshPax by RediPax daily. Lunch provided by Peabody Public Schools (M/W/F) and FreshPax by RediPax (T/TH).

All meals meet the USDA SLP guidelines. All breads, rice, pasta and snacks are Whole Grain (WG)/Whole Grain Rich (WGR).

All meals are served with vegetable and/or fresh fruit, cupped fruit or 100% Juice.

Milk is served with both breakfast and lunch. Based on age group, milk is whole, 1%, skim or lactaid.

