



# For Kids Only Afterschool - Everett

## June/July 2024 Breakfast & Lunch Menu



June 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24	25	26	27	28
<b>BREAKFAST</b>	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
<b>LUNCH</b>	BBQ Chicken with Dirty Rice	Korean BBQ Chicken Wrap with shredded lettuce, scallions & pickled vegetables	Chicken & Cheese Quesadilla WG tortilla	Chicken Fajita Wrap with Cheddar & fresh veg	Sweet & Sour Chicken w/ Brown Rice

July 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
<b>BREAKFAST</b>	Wg Cereal & Diced Pears	WG Corn Muffin Loaf /Fresh Fruit	WG Cereal w/ Apple sauce	FKO CLOSED	FKO CLOSED
<b>LUNCH</b>	Chicken Fajita, Onions and Peppers, Brown Rice and Pinto Beans	BBQ chicken & Cheddar Wrap with Fresh Broccoli & Dip	Pasta with Meatsauce, Grated Parmesan and Carrot Coins		
	8	9	10	11	12
<b>BREAKFAST</b>	WG Cereal & 100% Juice	WG Muffin & Fresh Fruit	WG Cereal w/ Apple sauce	WG Bagel w/ Jelly & Fresh Fruit	WG Croissant & Fresh Fruit
<b>LUNCH</b>	Chicken Teriyaki, Fried Rice and Fresh Steamed Broccoli	Buffalo Chicken Hoagie, lettuce and Tomato, and Cucumber Wheels	Mediterranean Chicken with WG Ancient Grains and Roasted Italian style vegetables	Chilled Greek Chicken Gyro Wrap, Onion, tomato and cucumber yogurt and Baby Carrots	Smash Burger & Cheese, Sweet Potato Fries, Ketchup
	15	16	17	18	19
<b>BREAKFAST</b>	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
<b>LUNCH</b>	BBQ Chicken, Dirty Rice, Season Pinto Beans	Korean BBQ Chicken wrap, Shredded lettuce & pickled veggies and Fresh Broccoli & Dip	Soft Chicken Taco, Mexican Rice and Mexicali Corn	Turkey & Cheese Sandwich, Lettuce, tomato & Mayo, and Cucumber Wheels	Homestyle Lasagna, Mozzarella cheese and Italian Green Beans
	22	23	24	25	26
<b>BREAKFAST</b>	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
<b>LUNCH</b>	Breaded Chicken Sandwich, BBQ Sauce, Sweet Potato Fries	All American Hoagie, Lettuce and Tomato, Baby carrots and dip	Chicken & Cheese Quesadilla, Sweet Kernel Corn	Chilled Greek Chicken Gyro Wrap, Onion, tomato and cucumber yogurt	Sal's famous pizza, Oven baked fries, Ketchup



All meals provided by FreshPax by RediPax.  
 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 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.