



# For Kids Only Afterschool - Welch School, Peabody

## 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>	Cheese Pizza <i>*Provided by the Meat Market (Winthrop)</i>	Chicken Tenders and French Fries <i>*Provided by the Meat Market (Winthrop)</i>	Chicken & Cheese Quesadilla WG tortilla	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	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>	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	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>	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Mediterranean Chicken with WG Ancient Grains and Roasted Italian style vegetables	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	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>	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Soft Chicken Taco, Mexican Rice and Mexicali Corn	Turkey & Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	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>	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Chicken & Cheese Quesadilla, Sweet Kernel Corn	Grilled Cheese Sandwich or Sun Butter and Jelly Sandwich, Chips, Craisens and Fruit	Sal's famous pizza, Oven baked fries, Ketchup



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

