



Monday

Tuesday

Wednesday

Thursday

Friday

TurtleRock



June Snack Menu

Harvest of the Month



Apricot

Apricots are full of vitamins A, C, and E, which help keep children's skin healthy and their immune systems strong. They also contain fiber that supports good digestion and helps prevent constipation. The antioxidants lutein and zeaxanthin protect developing eyes and support healthy vision. With natural sweetness and lots of nutrients, apricots make a great snack for growing kids!

1
AM: Cream of Wheat with Blueberries
PM: Soda Crackers with Cheese Squares & Jicama Sticks

2
AM: Strawberry Yogurt with Cranberries
PM: Bean Salad with Black Corn Chips

3
AM: Hard Boiled Egg & Cantaloupe Wedges
PM: Peach Smoothie & Nilla Wafers

4
AM: Cinnamon Roll & Pineapple Chunks
PM: Cucumber & Cream Cheese Mini Tea Sandwiches

5
AM: Raisin Bread Toast with Fresh Mango Juice
PM: Fig Bar & Bell Pepper Slices

8
AM: Vanilla Greek Yogurt with Diced Pears
PM: Cheddar Cheese Puffs & Snap Peas

9
AM: Soy-Rizo & Eggs with 100% Pineapple Juice
PM: Graham Crackers with Sun Butter & Banana Slices

10
AM: Breakfast Bar & Granny Smith Apples
PM: Rice Pudding with Raisins

11
AM: Avocado Toast on Whole Wheat Bread
PM: Strawberries and Cream Fruit Salad & Animal Crackers

12
AM: Corn Flakes Cereal with Milk & Blueberries
PM: Homemade Trail Mix (Chex, Dried Pineapple, Pirate's Booty and Goldfish)

15
AM: Vegetable Egg Frittata
PM: Mozzarella String Cheese & Granny Smith Apple Slices

16
AM: Kix Cereal with Milk & Strawberries
PM: Warm Pretzels with Cheese Dip & Pear Slices

17
AM: Butter Croissant with Berry Salad
PM: Rice Cakes with Cream Cheese & Cherry Tomatoes

18
AM: Greek Yogurt with Honey & Blueberries
PM: Homemade Guacamole Dip with Corn Tortilla Chips

19
AM: Buttermilk Pancakes & Red Grapes
PM: Cheese Crackers & Cucumber Coins

22
AM: Rice Krispie Cereal with Milk & Golden Raisins
PM: Brown Sugar Knots & Honeydew Slices

23
AM: Bagel with Apricot Preserves
PM: Baked Green Pea Crisps & Tropical Smoothie

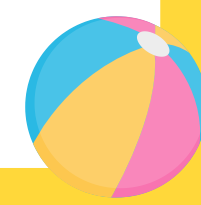
24
AM: Cream of Wheat & Apple Slices
PM: Mexican Fruit Salad with Coconut Shavings & Maria Crackers

25
AM: Cheesy Scrambled Eggs & Mango Juice
PM: Hummus Dip with Pretzels Thins

26
AM: Peach Yogurt Parfait (Diced Peaches & Granola)
PM: Cheddar Cheese Squares with Ritz Crackers & Zucchini Sticks

29
AM: Potato Pancakes & Black Grapes
PM: "Ants on a Log" (Celery Sticks with Sun Butter & Raisins)

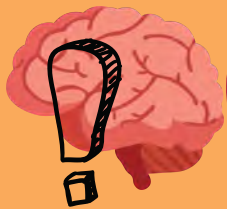
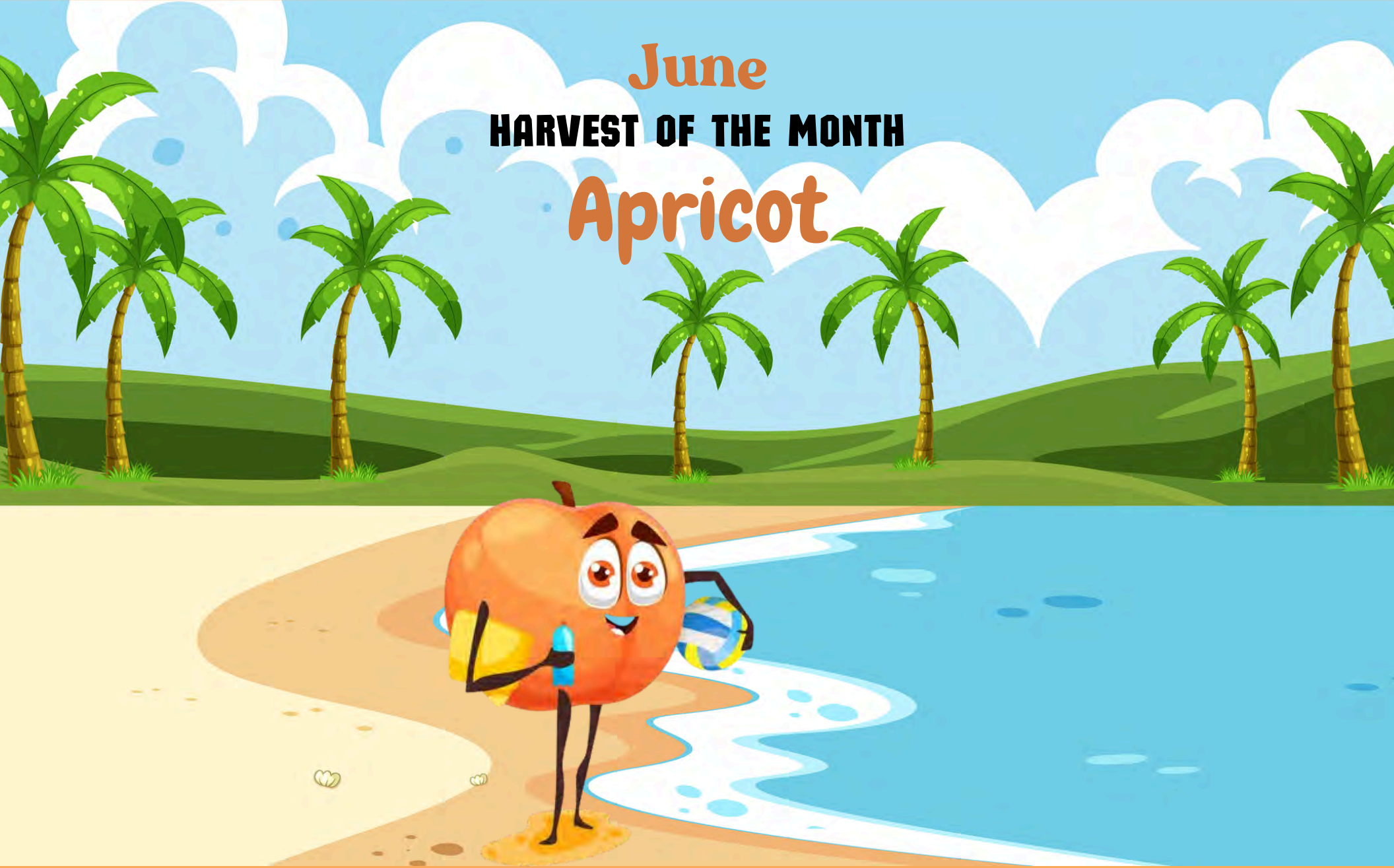
30
AM: Cheerios with Milk & Strawberries
PM: Coconut Rolls & Tropical Fruit Salad



June

HARVEST OF THE MONTH

Apricot



Apricots are full of vitamins A, C, and E, which help keep children's skin healthy and their immune systems strong. They also contain fiber that supports good digestion and helps prevent constipation. The antioxidants lutein and zeaxanthin protect developing eyes and support healthy vision. With natural sweetness and lots of nutrients, apricots make a great snack for growing kids!