



# Triumph Menu June 2017

CENTER FOR  
EARLY CHILDHOOD  
EDUCATION



USDA and this institution are equal opportunity providers.

|            | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|------------|---|--|--|---|---|
| Break-fast |   |  |  | 1<br>French Toast<br>Turkey Sausage<br>& Seasonal Fruit         | 2<br>Cheerios<br>with Yogurt<br>& Seasonal Fruit            |
| Lunch      |   |  |  | Turkey Hot Dog<br>Baked Fries<br>& Seasonal Fruit               | Cheese Pizza<br>with Tossed Green Salad<br>& Seasonal Fruit |
| Snack      |   |  |  | Fruit Yogurt<br>Seasonal Fruit                                  | Cheez-its<br>Seasonal Fruit                                 |
| Break-fast | 5<br>Yogurt<br>with Granola<br>& Seasonal Fruit           | 6<br>Waffle<br>Turkey Sausage<br>& Seasonal Fruit                        | 7<br>Pancake on a Stick<br>& Seasonal Fruit                  | 8<br>Waffle<br>Turkey Sausage<br>& Seasonal Fruit               | 9<br>Pancake on a Stick<br>& Seasonal Fruit                 |
| Lunch      | Chicken Strips<br>with Roll and Veggies                   | Bean & Cheese Burrito<br>with Brown Rice<br>& Seasonal Fruit             | Chicken Nuggets<br>with Roll & Corn<br>& Seasonal Fruit      | Chicken Sandwich<br>with Tossed Green Salad<br>& Seasonal Fruit | Cheese Enchilada<br>with Black Beans<br>& Seasonal Fruit    |
| Snack      | Cheese Stick<br>Saltine Crackers                          | Cheez-its<br>Sliced Oranges  | Pretzels<br>Sliced Apples                                    | Cheez-its<br>Sliced Oranges                                     | Animal Crackers<br>Fresh Banana                             |
| Break-fast | 12<br>Yogurt<br>with Granola<br>& Seasonal Fruit          | 13<br>Egg & Cheese<br>English Muffin<br>& Seasonal Fruit                 | 14<br>Pancakes<br>Turkey Sausage<br>& Seasonal Fruit         | 15<br>French Toast<br>Turkey Sausage<br>& Seasonal Fruit        | 16<br>Cheerios<br>with Yogurt<br>& Seasonal Fruit           |
| Lunch      | Popcorn Chicken<br>with Baked Fries<br>& Seasonal Fruit   | Turkey Sandwich<br>with Tossed Green Salad<br>& Seasonal Fruit           | Chicken Strips<br>with Roll & Veggies<br>& Seasonal Fruit    | Turkey Hot Dog<br>Baked Fries<br>& Seasonal Fruit               | Cheese Pizza<br>with Tossed Green Salad<br>& Seasonal Fruit |
| Snack      | Animal Crackers<br>Fresh Bananas                          | "Ants on a Log"<br>Celery Stick, Soy Butter,<br>Raisins & Seasonal Fruit | Carrots & Celery<br>Goldfish Crackers                        | Fruit Yogurt<br>Seasonal Fruit                                  | Cheez-its<br>Seasonal Fruit                                 |
| Break-fast | 19<br>Pancakes<br>Turkey Sausage<br>& Seasonal Fruit      | 20<br>Pancake on a Stick<br>& Seasonal Fruit                             | 21<br>Yogurt<br>with Granola<br>& Seasonal Fruit             | 22<br>Biscuit<br>Turkey Sausage<br>& Seasonal Fruit             | 23<br>Cheerios<br>with Yogurt<br>& Seasonal Fruit           |
| Lunch      | Chicken Strips<br>with Roll & Veggies<br>& Seasonal Fruit | Bean & Cheese Burrito<br>with Brown Rice<br>& Seasonal Fruit             | Cheese Enchilada<br>with Black Beans<br>& Seasonal Fruit     | Turkey Hot Dog<br>Baked Fries<br>& Seasonal Fruit               | Chicken Nuggets<br>with Roll & Corn<br>& Seasonal Fruit     |
| Snack      | Carrots & Celery<br>Goldfish Crackers                     | Fruit Yogurt<br>& Seasonal Fruit   | Animal Crackers<br>Fresh Banana                              | Cheese Stick<br>Saltine Crackers                                | Pretzels<br>Sliced Apples                                   |
| Break-fast | 26<br>Yogurt<br>with Granola<br>& Seasonal Fruit          | 27<br>Egg & Cheese<br>English Muffin<br>& Seasonal Fruit                 | 28<br>Waffle<br>Turkey Sausage<br>& Seasonal Fruit           | 29<br>Pancake on a Stick<br>& Seasonal Fruit                    | 30<br>French Toast<br>Turkey Sausage<br>& Seasonal Fruit    |
| Lunch      | Turkey Corn Dog<br>Baked Fries<br>& Seasonal Fruit        | Chicken Sandwich<br>Tossed Green Salad<br>& Seasonal Fruit               | Bean & Cheese Burrito<br>with Brown Rice<br>& Seasonal Fruit | Popcorn Chicken<br>with Baked Fries & Fruit                     | Turkey Hot Dog<br>Baked Fries<br>& Seasonal Fruit           |
| Snack      | Nabisco Nilla Wafers<br>Fresh Banana                      | "Ants on a Log"<br>Celery Stick, Soy Butter,<br>Raisins & Seasonal Fruit | Cheez-its<br>Sliced Oranges                                  | Pretzels<br>& Sliced Apples                                     | Fruit Yogurt<br>Seasonal Fruit                              |

Low-fat milk is served with every breakfast and lunch.

**Breakfast Prices:** \$1.50 paid, \$.30 reduced\*, \$2.50 Adults,

**Lunch Prices:** \$2.55 paid, \$.40 reduced\*, \$3.25 Adults

\*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.

Some menu items may change due to availability of products.