



2025

JUNE

Kulia School Age Care Program

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																																																					
2	<u>Kix Cereal</u> , Mixed Fruit, & Milk	3	Bagels & Cream Cheese, Pineapple Chunks, Milk	4	Sauage Patties Biscuits & Peaches, & Milk	5	<u>Oatmeal</u> , Pears, & Milk	6	<u>Whole Grain Cinnamon Toast</u> , Orange Slices & Milk																																																																																				
	Chili w/ <u>Brown Rice</u> , Corn, Orange Slices, & Milk		Chicken Patty Sandwich <u>on Whole Grain Buns</u> , Lettuce, Tomato, Applesauce, & Milk		<u>Sunbutter & Jelly Sandwich on Whole Grain Bread</u> , Carrot Sticks Banana, & Milk		Chicken Nuggets, French Fires, Mixed Fruit, <u>Whole Grain Bread</u> , & Milk		Spaghetti w/Meat Sauce, Tossed Salad, Melon, Bread Sticks, & Milk																																																																																				
	<u>Graham Crackers</u> , Peaches, Water		Saltine Crackers, Applesauce, & Water		Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, & Water		Cheese It, Pineapple & Water		Goldfish Cracker, Pear Slices, & Water																																																																																				
	<u>Teddy Graham</u> , Water		Cheese Nip & Water		Ritz Crackers, Water		<u>Graham Crackers</u> , Water		Vanilla Wafers & Water																																																																																				
Week 5																																																																																													
9	<u>Kix Cereal</u> , Mandarin Oranges, Milk	10	<u>Whole Grain-Cinnamon Toast</u> , Applesauce, Milk	11	Biscuit w/Jelly, Banana, & Milk	12	English Muffin w/Cheese, Pineapple, & Milk	13	Corn Chex Cereal, Peaches, & Milk																																																																																				
	Chicken Nuggets, Brown Rice, Corn/Carrots, Pineapple Chunks, & Milk		Beef & Macaroni, Broccoli, Oranges Slices & Milk		<u>Turkey Sandwich on Whole Grain Tortilla</u> , Lettuce & Tomato, Cantaloupe, & Milk		Chicken & <u>Brown Rice</u> , Mixed Vegetables, Mandarin Oranges, & Milk		<u>Grilled Ham & Cheese on Whole Grain Bread</u> , Pear Slices, Veggie Sticks, & Milk																																																																																				
	Ritz Cracker, Sliced Cheese, & Water		Bagels, Cream Cheese, & Grape Juice/ Mil		Vanilla Yogurt, Peaches, & Water		Graham Crackers, Applesauce, & Water		Gold Fish Cracker, Mixed Fruit, & Water																																																																																				
	Graham Crackers & Water		Saltine Cracker, Water		Goldfish Crackers, Water		Cheese Nips, Water		Vanilla Wafers, Water																																																																																				
Week 1																																																																																													
16	<u>Cheerios</u> , Peaches, Milk	17	Yogurt & Granola, Bananas, & Milk	18	Scrambled Eggs & Cheese, Pears, <u>Whole Grain Tortilla</u> , Milk	19	<u>Happy Holidays Center Closed</u>	20	Waffles, Applesauce, & Milk																																																																																				
	Macaroni & Cheese w/Ham, Green Beans, Mixed Fruit, & Milk		Beef Cheese & Rigatoni Broccoli, Peaches, <u>Whole Grain Bread</u> , & Milk		Tuna Salad Sandwich on <u>Whole Grain Bread</u> , Cheese, Cucumber, Lettuce, Apple Slices, & Milk				Teriyaki Chicken, <u>Brown Rice</u> , Mixed Vegetable, Mixed Fruit, & Milk																																																																																				
	Cottage Cheese, Pineapple, & Water		Saltine Crackers, Melon Slices, Water		Goldfish Crackers, Mixed Fruit, & Water				Carrot Sticks w/Ranch, Wheat Thins, & Water																																																																																				
	<u>Wheat Thins</u> , Water		Ritz Crackers, Water		Vanilla Wafer, Water				<u>Graham Crackers</u> , Water																																																																																				
Week 2																																																																																													
23	Rice Chex Cereal, Diced Pears, & Milk	24	English Muffin w/Cheese, Mandarin Oranges, & Milk	25	Cream of Wheat, Peaches, & Milk	26	Sweet Bread Toast, Banana, & Milk	27	French Toast, Applesauce, & Milk																																																																																				
	Teriyaki Burger on Whole Grain Bun, French Fries, Mandarin Oranges, & milk		Kalua Pork & Cabbage, <u>Brown Rice</u> , Pineapple & Milk		<u>Turkey & Cheese Sandwich on Whole Grain Bread</u> , Lettuce & Tomato, Apple Slices, & Milk		Shephard's Pie Mashed Potatoes, <u>Whole Grain Bread</u> , Broccoli, Pears, & Milk		<u>Egg Salad Sandwich on Whole Grain Bread</u> , Lettuce & Tomato, Oranges Slices, & Milk																																																																																				
	Assorted Crackers, Yogurt, & Water				Cucumber Slices with Ranch Dressing, Wheat Thin, & Water		Raisin Bread, Cream Cheese, & Apple Juice/Milk		Chicken N Biskit Crackers, Watermelon, Water																																																																																				
	Wheat Thins, Water		Assorted Crackers, Water				Assorted Crackers, Water		Cheese Nips, Water																																																																																				
Week 3																																																																																													
30	<u>Multi-Grain, Cheerios</u> , Diced Pears, & Milk	<table><tr><th>Breakfast</th><th>1-2</th><th>3-5</th><th>6+</th><th>Lunch</th><th>1-2</th><th>3-5</th><th>6+</th><th>Snack</th><th>1-2</th><th>3-5</th><th>6+</th></tr><tr><td>Ages</td><td></td><td></td><td></td><td>Ages</td><td></td><td></td><td></td><td>Ages</td><td></td><td></td><td></td></tr><tr><td>Milk</td><td>½ cp</td><td>¾ cp</td><td>1cp</td><td>Milk</td><td>½ cp</td><td>¾ cp</td><td>1cp</td><td>Milk</td><td>½ Cp</td><td>¾ cp</td><td>1cp</td></tr><tr><td>Grain</td><td>½ oz.</td><td>½ oz. eq.</td><td>1 oz. eq.</td><td>Grain</td><td>½ oz. eq.</td><td>½ oz. eq.</td><td>1 oz. eq.</td><td>Grain</td><td>½ oz. ep.</td><td>½ oz. eq.</td><td>1 oz. eq.</td></tr><tr><td>Fruit</td><td>¼ cp</td><td>½ cp</td><td>½ cp</td><td>Fruit</td><td>¼ cp</td><td>½ cp</td><td>½ cp</td><td>Fruit</td><td>¼ cp</td><td>½ cp</td><td>½ cp</td></tr><tr><td></td><td></td><td></td><td></td><td>Vegetable</td><td>¼ cp</td><td>½ cp</td><td>¾ cp</td><td></td><td>1 oz.</td><td>1.5 oz</td><td>2 oz.</td></tr><tr><td></td><td></td><td></td><td></td><td>Meat</td><td>1 oz</td><td>1.5 oz</td><td>2 oz</td><td>Meat</td><td></td><td></td><td></td></tr></table>								Breakfast	1-2	3-5	6+	Lunch	1-2	3-5	6+	Snack	1-2	3-5	6+	Ages				Ages				Ages				Milk	½ cp	¾ cp	1cp	Milk	½ cp	¾ cp	1cp	Milk	½ Cp	¾ cp	1cp	Grain	½ oz.	½ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	Grain	½ oz. ep.	½ oz. eq.	1 oz. eq.	Fruit	¼ cp	½ cp	½ cp	Fruit	¼ cp	½ cp	½ cp	Fruit	¼ cp	½ cp	½ cp					Vegetable	¼ cp	½ cp	¾ cp		1 oz.	1.5 oz	2 oz.					Meat	1 oz	1.5 oz	2 oz	Meat			
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Week 4																																																																																													