



Sprouts Early Learning Academy

June Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Week 1 & 3	Mini pancakes, oranges, milk	life cereal, bananas, milk	Waffles, blueberries, milk	bagels, applesauce, milk	Greek yogurt, strawberries, milk
Breakfast Week 2 & 4	Mini pancakes, oranges, milk	English muffin & peanut butter, bananas, milk	Waffles, blueberries, milk	Rice Krispies, applesauce, milk	Greek yogurt, strawberries, milk
Daily Snack	Pepperoni, cheese cubes	Trail mix, gogo applesauce	Goldfish, gogurt	apples,crackers	Simply Cheetos, craisins
	Monday 6/1/2026	Tuesday 6/2/2026	Wednesday 6/3/2026	Thursday 6/4/2026	Friday 6/5/2026
	cheeseburger mac, mixed veggies, melon, milk	Popcorn chicken, green beans, pears, milk	Chef Salad, ham, tomatoes, berries, milk	Walking tacos, corn, mixed fruit, milk	Ravioli, Cottage cheese, peaches, milk
Lunch	6/8/2026	6/9/2026	6/10/2026	6/11/2026	6/12/2026
	Alfredo, broccoli, berries, milk	chicken strips, tater tots, melon, milk	Spaghetti, carrots, pineapple, milk	Softshell beef tacos, corn, mixed fruit, milk	pizza sticks, pears, green beans, milk
	6/15/2026	6/16/2026	6/17/2026	6/18/2026	6/19/2026
	North Park Picnic Day	Chicken quesadilla, corn, berries, milk	cavatelli, green beans, mixed fruit, milk	Chicken lo mein, peas & carrots, pineapple, milk	Pepperoni pizza, broccoli w/ranch, peaches, milk
	6/22/2026	6/23/2026	6/24/2026	6/25/2026	6/26/2026
	Cheeseburger, pickles, mixed fruit, milk	Turkey sliders, green beans, berries, milk	Chicken Fajitas, corn, peaches, milk	Tomato Soup, grilled cheese, pineapple, milk	Meatballs in sauce, garlic bread, mixed fruit, milk
	6/29/2026	6/30/2026			
	Corndog, fries, green beans, peaches, milk	Mac n Cheese, broccoli normany, berries,milk			