

# Kinetic Academy June 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W V Egg Salad Sandwich Sweet Corn Salad with Buttermilk Dressing Orange Milk	<b>Breakfast</b> W Home Baked Classic Banana Muffin Orange Milk <b>Lunch</b> W Roast Beef Sandwich Roasted Carrots + Toasted Pumpkin Seeds Apple Milk	<b>Breakfast</b> W Home Baked Squares Apple Milk <b>Lunch</b> W Turkey Sandwich on Fresh Chibatta Broccoli Slaw Stone Fruit Milk	<b>Breakfast</b> W Home Baked French Toast Sticks w/ Dried Fruit Orange Milk <b>Lunch</b> W Beef Burger on Honey WG Bun Bagged Baby Carrots Apple Milk	<b>Breakfast</b> W NEW Over Night Cocoa Oats - Cup Apple Milk <b>Lunch</b> W Chicken Salad Sandwich Beans + Orzo Side Salad Orange Milk
10	11	12	13	14
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W Roast Beef Sandwich Sweet Corn Salad with Buttermilk Dressing Orange Milk	<b>Breakfast</b> W Home Baked Cacao & Coconut Muffin Orange Milk <b>Lunch</b> W Turkey Sandwich on Fresh Chibatta Pea Salad Apple Milk	<b>Breakfast</b> W Home Baked Squares Apple Milk <b>Lunch</b> W Chefables Sub Sandwich Broccoli Slaw Pear Milk	<b>Breakfast</b> W Home Baked Whole Grain 50/50 Waffles Orange Milk <b>Lunch</b> W All Beef HOT DOG on Honey WG Bun Bagged Roasted Edamame Apple Milk	<b>Breakfast</b> W Hodge Podge (Rice Porridge) Apple Milk <b>Lunch</b> W Chicken Salad Sandwich Baby Carrots Orange Milk
17	18	19	20	21
<b>Breakfast</b> W Breakfast Cereal of the Day Apple Milk <b>Lunch</b> W V Egg Salad Sandwich Sweet Corn Salad with Buttermilk Dressing Orange Milk	<b>Breakfast</b> W Home Baked Mini Panettone Muffin Orange Milk <b>Lunch</b> W Roast Beef Sandwich Pea Salad Apple Milk	Closed	Closed	Closed
24	25	26	27	28
Closed	Closed	Closed	Closed	Closed

## Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- This institution is an equal opportunity provider.
- Lowfat (1%) milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.



**Just some of the vegetables this month:** Artichoke arugula Asian greens asparagus avocado bell pepper beets bok choy broccoli rabe bean (green) cabbage carrots cauliflower chard celery corn cucumber collard cress eggplant endive kale leeks lettuces mushrooms mustard okra onion peas (chile) potato radicchio radishes scallions shallots spinach sprouts squash (summer) tomatillo tomato turnips



**Just some of the fruits this month:** Apple Apricot Apriums Blackberry Blueberry Boysenberry Cactus pear Cherries Dates Figs Kiwi Lemon Loquats Melon Mandarin Nectarine Oranges Peaches Pears Plums Pluots Raspberries Rhubarb Strawberry

**NEW** = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option