

Monthly Meal Plan ^ denotes as vegetarian meal and # as gluten friendly meal.

Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8
JUN 3 (Mon)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
JUN 4 (Tue)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
JUN 5 (Wed)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)
JUN 6 (Thur)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
JUN 7 (Fri)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
JUN 10 (Mon)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Egg & Cheese Sandwich ^	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
JUN 11 (Tue)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)
JUN 12 (Wed)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Tamago Rolls + Edamame Beans (soya sauce packet) ^ #	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
JUN 13 (Thur)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
JUN 14 (Fri)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
JUN 17 (Mon)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)
JUN 18 (Tue)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
JUN 19 (Wed)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
JUN 20 (Thur)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Egg & Cheese Sandwich ^	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
JUN 21 (Fri)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)
JUN 24 (Mon)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Tamago Rolls + Edamame Beans (soya sauce packet) ^ #	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
JUN 25 (Tue)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
JUN 26 (Wed)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
JUN 27 (Thur)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)