

Head Start & USDA are equal opportunity providers & employers Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries EO, MPH,RDN.LDN 7.23.23
Whole Grain, Red Fruit/Vegetable, Green Fruit/Vegetable, Orange Fruit/Vegetable, Bean Dish

VDA ADHC SENIOR CENTER – JUNE MENU 2025

SNACK	1 oz Cheddar Cheese 1 oz Mini Muffin	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip	½ Pint Milk 1 c WG Chex Cereal (1 oz)	½ c Cantaloupe 4 oz Vanilla Yogurt	¼ c Pimento Cheddar Cheese 1 oz WW Bread
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot 16 ½ c Cream of Wheat w ¼ c Cheddar Cheese 1 oz WG Toast w Butter ½ c Cran-Apple Juice 1 c Berries 1 c Milk	17 1 c Cheerios ½ WG English Muffin w 1 TBSP Sunbutter 1 Banana 1 c Melon Salad 1 c Milk	18 3 oz WG Apple Muffin 1 Hard Boiled Egg alt ½ c Yogurt ½ c Prune Juice 1 c Orange slices 1 c Milk	Hot 19 2"x3 ¾" Maple WG French Toast w Fennel Turkey sausage 1 c Sweet Potato & Kale Hash ½ c Orange Juice 1 c Milk	20 1 c Crispy Rice Cereal 1 oz WG Toast w 1 TBSP Almond Butter ½ c Apple Juice 1 c Mixed Fruit Salad
Hot Lunch	3 oz BBQ Pulled Chicken 2 oz WG Bun ½ c Cabbage ½ c Roasted Potatoes ½ c Waldorf Salad 1 c Milk Veg: 3 oz chix strips	3 oz Salisbury Steak w/ mushroom gravy 2 oz WG roll w/ butter ½ c Mashed Potatoes ½ c Catalina Vegetables ½ c Clementine 1 c Milk Veg: 3 oz vegetarian pattv	3 oz Grilled Chicken (3 oz m/ma) 1 c WG Fettuccini Alfredo ½ c Broccoli ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Fruit Cocktail 1 c Milk Veg: Vegan Chicken	1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1 oz grain ½ c Garlic Mushrooms ½ c Pears ½ c Broccoli 1 oz WG Roll w/ Butter 1 c Milk Veg: Spaghetti w/3 oz Cheese	3 oz Yangs Lemongrass Chicken 2 oz Quinoa WG ½ c Roasted Carrots ½ c Edamame ½ c Apricots 1 c Milk Veg: Chix Strips Vegan
Cold Lunch	1 Powerhouse Wrap ¾ c Black Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz) ½ c Celery & Parsley Salad ½ c Creamy Dill Cucumber Salad ½ c Melon 1 c Milk Veg: Same	Chicken Caesar Salad 3 oz Chicken strips 2 oz WG Roll 1 c Caesar Salad field greens salad ½ c Carrot pineapple salad ½ c Fresh Fruit Salad 1 c Milk Veg: 3oz chicx strips	3 oz Fresh Mozzarella 2 oz Pita Bread ½ c Vegetable Bruschetta (1/2 c veg) 1 c Field Greens w/ Ranch ½ c Berries 1 c Milk Veg: Same	3 oz Chicken Salad 2 oz WW Bread 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad ½ c Strawberries 1 c Milk Veg: ½ c Hummus 1 oz	Tuna salad sandwich (3 oz M) 2 oz WG bun 1/2 c lettuce, ¼ tomato ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg: Same
SNACK	½ c Hummus alt cheddar cheese ½ c Cucumber	1 oz Turkey on a 1 oz WG slider bun	2 Wedges Quick Quesadilla alt ½ WG Egg salad Sandwich 1 oz m/ma, 1 oz WG Bread Mayo	½ c Tropical Fruit Salad 1 oz String Cheese	½ c Peaches 4 Graham Crackers
BREAKFAST	Hot 23 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk	24 1 c WG Corn Flakes 1 WG Toast 1 oz Butter 1 TBSP sun Butter 1 c Pineapple Juice 1 Medium Banana 1 c Milk	25 2 oz WG Bagel W Cream Cheese pc 1 oz cheese ½ c Cran Apple Juice 1 c Grapes alt 1 c Applesauce 1 c Milk	Hot Egg Sandwich 26 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Muffin 2oz 1 c pineapple ½ c Orange Juice 1 c Milk	27 3 oz WG Bran Muffin Butter ½ c Strawberry Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch	Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter ½ c Broccoli ½ c Sweet Potato ½ c Pineapple 1 c Milk Veg: Vegan Beef	Chicken and Waffles 3 oz chicken tender 2 oz WG Waffle w/ syrup ½ c Steamed Spinach ½ c Peas ½ c Blueberries & Strawberries 1 c Milk Veg: Vegan Chicken	Barbacoa Beef Street Tacos 2 WG Tortillas 1 oz cheddar shredded cheese ½ c pico de gallo ½ c Refried Beans (1/2 C Veg) ½ c Tropical Fruit Salad 1 c Milk Veg: black bean tacos	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Honeydew 1 c Milk Veg: 3 oz Vegan Nuggets	3 oz Breaded Pollock ½ c WG Wild Rice 1 oz WG roll w/ butter ½ c Steamed garlic Kale ½ c Coleslaw ½ c Pineapple 1 c Milk Veg: - Vegan Fish Patty
Cold Lunch	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Grapes 1 c Milk Veg: Same	3 oz Beef Kale Caesar Wrap 2 oz WG Wrap (3 oz MA, 2 oz grain, ½ c dark green) ½ c Potato Salad ¾ c Fruited Jello Salad 1 c Milk Veg: chicx strips	Spinach Strawberry Feta Salad (1 c spinach, ½ cup strawberries, feta, raspberry vinaigrette) 3oz Chicken 2 oz WG Roll w/butter ½ c Mango 1 c Milk Veg: 3 oz Chicx Strips	3 oz Grilled Chicken w Mayo 2 (1 oz) MG Sprouted Bread Chef's line (8241634) ½ c Lettuce ¼ c Tomato ½ c Potato Salad ½ c Watermelon 1 c Milk Veg: 1 Powerhouse Wrap	2 c Roasted Vegetable Pasta Salad w/ ranch dressing 2 oz Fresh Mozzarella 1 oz Tortilla Chips ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg: Same

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SNACK	1 WG Biscuit Jelly ½ c Tropical Fruit Salad Pineapple Papaya Guava	1 oz WG Oyster Crackers ½ c (4 oz) Yogurt	1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c Apple Juice	1oz Blueberry Mini Muffin ½ c Apricots
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot 30 ½ c WG Oatmeal ½ Croissant 1 oz Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice 1 c Milk				
Hot Lunch	3 oz Chicken & Gravy 1 c Stuffing 2 oz grains ½ c Carrots ½ c Mushrooms ½ c Pear 1 c Milk Veg: 3 oz Vegetarian Patty				
Cold Lunch	1 ½ c Kale/Spinach Salad 1 c Spinach/Kale , Herb Vinaigrette 3 oz Sliced Turkey mayo 2 oz WG Roll 1 Banana 1 c Milk Veg: 1 oz cheese, 2 eggs				
SNACK	½ c Mixed Berries ½ c Cottage Cheese				