

Menus for June 2025

**CNMI Public School
System, Child
Nutrition Program**



This institution is an equal opportunity provider. Menus are subject to change.

Many Moons

Native Americans had special names for every full moon of the year. One name for the June full moon is the "Moon when the Buffalo Bellows."

FUN IN THE SUN.



A single bad sunburn as a child or teen more than doubles a person's risk of skin cancer. Have fun in the sun, but if you're going to be out for more than 10 or 15 minutes, use sun screen. Every time!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, June 2

Breakfast

Assorted Cereal
Fruit

Lunch

Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, June 3

Breakfast

French Toast Casserole
w/ Syrup
Sausage Patty
Fruit

Lunch

Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, June 4

Breakfast

Grilled Cheese
Fruit

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice

Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, June 5

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fruit

Lunch

Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, June 6

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice

Breaded Chicken Bowl
Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

**It's good
to be the
King!**



**Father's
Day
June 15**

Monday, June 9

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, June 10

**Last Day of
Public Schools**

Breakfast

Grilled Ham
With Fried Rice
Fruit

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, June 11

Breakfast

Pan de Sal w/ Egg & Cheese
Fruit

Lunch

Grilled Ham Steak
Steamed Rice
Carrots
Green Beans
Fruit

Thursday, June 12

Breakfast

Sausage Links
Steamed Rice
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Friday, June 13

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Fruit

NUTRITION TO GO

OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar.

A QUICK BITE FOR PARENTS