

Milk is served with lunch

Lunch Menu June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Fruit Vegetable	31 Cheese and Vegetable Echiladas Fruit	1 Ham and Cheese Egg Bake Vegetable Fruit Roll	2 Hamburgers Baked Fries Fruit	3 Turkey Ranch Wrap Vegetable Fruit
6 Pizza Fruit Vegetable	7 Fish Sticks Rice Vegetable Fruit Tartar Sauce	8 Enchiladas Vegetable Fruit	9 Ham and Broccoli Casserole Fruit Roll	10 Ham and Cheese Sandwich Fruit Vegetable
13 Pizza Fruit Vegetable	14 Beef Tacos Lettuce, Tomatoes and Cheese Fruit	15 Ham and Cheese Sandwich Fruit Vegetable	16 Turkey Sloppy Joes Baked Fries Fruit	17 Turkey Sandwiches String Cheese Fruit Vegetable
20 Pizza Fruit Vegetable	21 Italian Chicken Rice Vegetable Fruit	22 Penne Pasta Protein (Meat, cheese etc) Vegetable Fruit	23 Meatloaf Mashed Potatoes Corn Fruit Roll	24 Ham and Cheese Sandwich Carrot Sticks Fruit
27 Pizza Fruit Vegetable	28 Cheese and Vegetable Echiladas Fruit	29 Sloppy Joes Vegetable Fruit	30 Fish Sticks Noodles Vegetable Fruit	1 Turkey and Cheese Sandwich Vegetable Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.