



June 2019

In Season Watermelon

Watermelons are 92 percent water, but these refreshing fruits are filled with nutrients.

They have vitamins A, B6, and C, lots of lycopene, antioxidants and amino acids.

Monday

Beef/Chicken Nachos 3
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 10
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 17
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos 24
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Tuesday

Pho Soup 4
 Sweet-n-Sour Chicken Bowl
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef Gyro 11
 Thai Sweet Chili Chicken
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Vegan Coconut Curry 18
 Orange Chicken
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

25
Summer Vacation!

Wednesday

Chicken Drumstick With Tots & Roll 5
 Buffalo Chicken Tot'chos
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Drumstick With Potatoes & Roll 12
 Chicken Potato Bowl & Roll
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Macaroni & Cheese 19
 Pasta & Meat Sauce
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

26
Summer Vacation!

Thursday

Chicken Tortilla Soup with Chips 6
 Big Wild Alaska Fish Taco
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheese Ripper with Potato Soup 13
 Pork Enchilada
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

Grilled Cheese with Tomato Soup 20
 Chicken Alfredo Pasta
 Chicken Tenders
 Chicken Caesar Wrap
 Chicken Caesar Salad

27
Summer Vacation!

This institution is an equal opportunity provider and employer.

Friday

Beef/Chicken Nachos 7
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap

Beef/Chicken Nachos 14
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap

Beef/Chicken Nachos 21
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Chicken Caesar Wrap

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Summer Vacation!

⊕ = Scratch and partial scratch recipes or recipes being tested at Leota Middle School!

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch, Hummus Plate AND Tuna Protein Pack.

Pizza slices now come with a side Caesar Salad!

Included with All Lunches
 Fruit & Vegetable Garden Bar
 1% White or NF Chocolate Milk

Menu selections may change based on product availability.

Juliana Fisher, MS, RDN, CD

Meal Prices

<i>Breakfast</i>	
Elementary	\$1.75
Secondary	\$2.00
Reduced K-12	Free
Adult	\$2.40
<i>Lunch</i>	
Elementary	\$3.00
Secondary	\$3.25
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.00
Milk Only	