



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

Hawaiian Beef Bowl 4
 Sweet-n-Sour Chicken Bowl
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

Beef Gyro 11
 Sweet Thai Chili Chicken with Brown Rice
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

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

25
Summer Vacation!

Wednesday

Chicken Drumstick with 5
 Tots and Roll
 Buffalo Chicken Tot'chos
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Drumstick with 12
 Mashed Potatoes & Roll
 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

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Summer Vacation!

Thursday

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

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

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

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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
 Chicken Caesar Salad

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

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

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Summer Vacation!

Announcements

Offered Daily: Deli Sandwich, Hummus Plate, Yogurt Lunch, Pizza, Cheeseburger, Chicken Burger and Vegetable Burger

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
 Director, Food Services*

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	