



# 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

- A. Cheese Pizza Quesadilla 3
- B. Hawaiian Sandwich
- C. Yogurt Lunch

- A. Pepperoni Pizza 🐷 10
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Pasta with Meat Sauce 17
- B. Cheese Stuffed Breadstick w/Marinara Sauce
- C. Yogurt Lunch

- A. Twin Cheeseburger Sliders 24
- B. Yogurt Lunch



## Tuesday

- A. Cheese or Seasoned Chicken Nachos 4
- B. Bean & Cheese Burrito
- C. Yogurt Lunch

- A. Cheese or Seasoned Beef Nachos 11
- B. Beef or Bean Taco Salad
- C. Yogurt Lunch

- A. Cheese or Seasoned Chicken Nachos 18
- B. Cheese Quesadilla
- C. Yogurt Lunch

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**Summer Vacation!**



## Wednesday

- A. Sweet-n-Sour Chicken Bowl 5
- B. Hawaiian Beef Teriyaki Rice Bowl
- C. Hummus Plate

- A. French Toast Sticks 12 and Egg Moons
- B. Ham\* and Cheese Ripper
- C. Hummus Plate

- A. Orange Chicken Rice Bowl 19
- B. Korean BBQ Pork Rice Bowl
- C. Hummus Plate

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## Thursday

- A. BBQ Beef Hoagie 6
  - B. Cheese Ripper
  - C. Deli\* Stack Pack
- Juicy Sidekick*

- A. Chicken Drumstick 13 with Mashed Potatoes and a roll
  - B. Grilled Cheese Sandwich
  - C. Deli Stack Pack
- State and Capital Crackers*

- A. Tomato Soup with Cheesy French Bread 20
  - B. All White Meat Chicken Bites with Brown Rice
  - C. Deli\* Stack Pack
- Juicy Sidekick*

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This institution is an equal opportunity provider and employer.

## Friday

- A. 100% Beef Cheeseburger 7
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. All White Meat Chicken Burger 14
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. 100% Beef Cheeseburger 21
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

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- 🐷 = Contains pork
- \* = Turkey Ham products containing 100% turkey - no pork ingredients

## Announcements

**ALSO AVAILABLE**  
**Fridays:** Vegetarian Burger upon Request

*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

**Breakfast**

Elementary	\$1.75
Secondary	\$2.00
Reduced K-12	Free
Adult	\$2.40

**Lunch**

Elementary	\$3.00
Secondary	\$3.25
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.00
Milk Only	