



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
- B. Cheese Quesadilla ⊕
- C. Yogurt Lunch

Tuesday

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

Wednesday

- A. Chicken Curry with Rice 5
- B. Hawaiian Beef Teriyaki Rice Bowl
- C. Hummus Plate

Thursday

- A. Beef Chili ⊕ with Cornbread 6
 - B. Cheese Ripper
 - C. Pizza Stack Pack
- Juicy Sidekick*

Friday

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

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

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

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

- A. Chicken Drumstick With Mashed Potatoes and Dinner Roll 13
 - B. Homemade Grilled Cheese Sandwich ⊕
 - C. Pizza Stack Pack
- State and Capital Crackers*

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

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

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

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

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

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

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

25
Summer Vacation!

26
Summer Vacation!

27
Summer Vacation!

28
Summer Vacation!

This institution is an equal opportunity provider and employer.

- 🐷 = Contains pork
- * = Turkey Ham products containing 100% turkey - no pork ingredients
- ⊕ = Menu items made from or partially made from scratch

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	