

Type School Name Here

**MCFI**

**K-8 Hot Lunch**



**June  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE		<b>1</b> Chicken Tacos on WG Tortilla with Shredded Cheese and Taco Sauce Steamed Green Beans Seasonal Fruit Choice of Milk	<b>2</b> Turkey Hot Dog on WG Bun Ketchup Steamed Carrots Seasonal Fruit Choice of Milk	<b>3</b> WG Chicken Smackers (10) BBQ Sauce WG Cracker Crunchy Broccoli Seasonal Fruit Choice of Milk
<b>6</b> WG Beef and Cheese Burrito Taco Sauce Steamed Carrots Seasonal Fruit Choice of Milk	<b>7</b> Breaded Chicken Breast Fillet BBQ Sauce WG Cornbread with Honey Vegetarian Baked Beans Seasonal Fruit Choice of Milk	<b>8</b> Roasted Turkey with Gravy WG Biscuit Mashed Potatoes Seasonal Fruit Choice of Milk	<b>9</b> Orange Chicken over WG Brown Rice WG Cracker Baby Carrots Seasonal Fruit Choice of Milk	<b>10</b> WG Meat Calzone (Beef and Turkey) Marinara Cup Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk
<b>13</b> Chicken and Gravy over Rice WG Cracker Baby Carrots Seasonal Fruit Choice of Milk	<b>14</b> WG Chicken and Cheese Quesadilla Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk	<b>15</b> WG Chicken Smackers (10) BBQ Sauce WG Cracker Crunchy Broccoli Seasonal Fruit Choice of Milk	<b>16</b> Cheese Pizza Sticks Marinara Sauce Cup Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	<b>17</b> Beef Nachos with WG Tortilla Chips (1 oz), Shredded Cheese, Shredded Lettuce and Taco Sauce Packet Steamed Corn Seasonal Fruit Choice of Milk
<b>20</b> Non-WG Mac and Cheese Steamed Vegetable Seasonal Fruit Choice of Milk	<b>21</b> Italian Turkey Meatball Sub on WG Bun Baby Carrots Seasonal Fruit Choice of Milk	<b>22</b> BBQ Chicken on WG Bun Roasted Potatoes Ketchup Packet Seasonal Fruit Choice of Milk	<b>23</b> Brunch for Lunch WG Pancake or Waffle Pouch Chicken Smackers (5) Syrup Packet and BBQ Packet Yogurt Cup Baby Carrots Seasonal Fruit Choice of Milk	<b>24</b> Harvest Chicken Salad on WG Bun Crunchy Broccoli Seasonal Fruit Choice of Milk
<b>27</b> WG Chicken and Cheese Quesadilla Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk	<b>28</b> Baked Chicken Leg WG Cornbread Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	<b>29</b> Sloppy Joe on a WG Bun Roasted Potatoes Ketchup Packet Seasonal Fruit Choice of Milk	<b>30</b> WG Chicken Smackers (10) BBQ Sauce WG Cracker Crunchy Broccoli Seasonal Fruit Choice of Milk	

This institution is an equal opportunity provider.



**June Nutrition Tip: 6/17 Eat Your Vegetables Day**

Eating a variety of vegetables is an important part of a healthy life. On June 17<sup>th</sup>, challenge yourself or you family to try a new vegetable in celebration of Eat Your Veggies Day!

Source: [healthychildren.org](http://healthychildren.org)

For ideas, click the QR Code!

