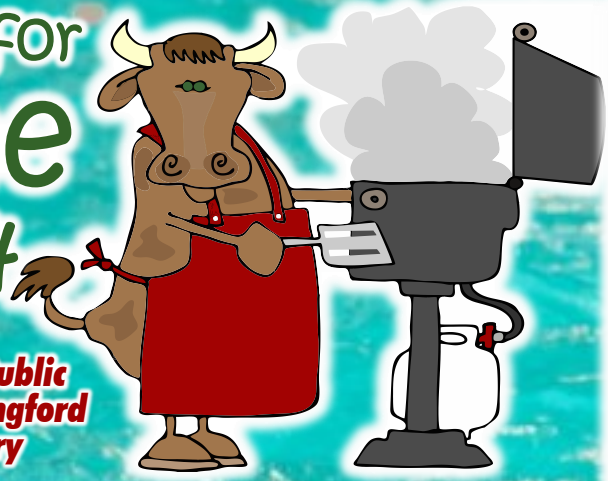
# Menus for June 2024



**Torrington Public Schools, Torringford Elementary**

This institution is an equal opportunity provider. Menus are subject to change.

## VITAMIN D FACTORY.

Your skin actually MAKES vitamin D for your body. In the summer, depending on how far north you are and how dark your skin is, just 5-30 minutes of sun exposure in a day enables your body to make enough vitamin D, but be very careful -- don't ever let your skin burn!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
**WELLNESS IS A WAY OF LIFE!**

## Available Daily

**Alternate Meals:**

- Chef Salad
- SBJ/PBJ
- Bagel Box

**Your complete lunch will also Include:**

Rainbow Tray including: Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored )

**BREAKFAST WILL BE SERVED DAILY WITH A VARIETY**

| Monday, June 3 | Tuesday, June 4 | Wednesday, June 5 | Thursday, June 6 | Friday, June 7 |
|---|---|---|---|---|
| **Lunch**<br>Chicken Quesadilla<br>Brown Rice<br>Sweet Corn<br>Or<br>Boars Head Ham & Cheese | **Lunch**<br>Pasta with Meat Sauce<br>Steamed Broccoli<br>Dinner Roll<br>Or<br>Boars Head Turkey & Cheese | **Lunch**<br>Waffles<br>Smiley Fries<br>Turkey Sausage<br>Or<br>Boars Head Ham & Cheese | **Lunch**<br>Chicken Patty Sandwich<br>Sweet Potato Fries<br>Or<br>Boars Head Turkey & Cheese | **Lunch**<br>Stuffed Crust Pizza<br>Garden Salad<br>Or<br>Boars Head Ham & Cheese |
| **Monday, June 10** | **Tuesday, June 11** | **Wednesday, June 12** | **Thursday, June 13** | |
| **Lunch**<br>Hot Dogs on a Bun<br>Oven Fries<br>Baked Beans<br>Or<br>Boars Head Turkey & Cheese | **Lunch**<br>Meatball Subs<br>Steamed Green Beans<br>Or<br>Boars Head Ham & Cheese | **Lunch**<br>Lasagna<br>Garden Salad<br>Breadsticks<br>Or<br>Boars Head Turkey & Cheese | **Lunch**<br>Pizza<br>Steamed Broccoli<br>Or<br>Boars Head Ham & Cheese | |