



Finley, Pine and Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast for Lunch French Toast/Egg Turkey Sausage Peaches and Strawberries	3 Chicken and Waffles Strawberry Jam Oranges/Apples	4 Bean and Cheese Pupasas Papas con Chorizo Fresh Strawberries and Bananas	5 Grilled Ham and Cheese Sandwich Oranges and Pineapple	6 No School 
9 Chicken Wings Onion Rings Dinner Roll Diced Peaches/Craisins	10 Cheeseburgers Lettuce and Tomatoes Baked Doritos Condiments Pears/Watermelon	11 Chicken Alfredo Garlic Bread Steamed Broccoli Strawberries/Grapes	12 Crispy Fish Tacos Lettuce and Cheese/Salsa Oranges/Pineapples	13 Smart Sliced Pizza Carrotinies/Cucumber Grapes/Pineapple
				
16 Oven Fried Chicken Corn on the Cob Pasta Salad Peach Cups/Strawberry Frozen Craisins	17 Chicken Tamales Green Rice Guacamole Watermelon/Apples	18 Spaghetti and Meat Sauce Grapefruits/Red Apples Strawberries and Cream	19 Carne Asada Tacos Cabbage Salad /Pinto Beans Guacamole and Salsa Oranges/Pineapples	20 Smart Sliced Pizza Pasta Salad Sliced Peach Cup Cantaloupe Dry Cherries
23 Orange Chicken Steamed Rice Steamed Broccoli Strawberries Cup/Dry Cherries	24 Crispy Tacos Cheese and Lettuce Ranch/Chipotle Pears/ Watermelon	25 Ham and Cheese Sandwich Lettuce /Tomatoes Grapes /Apples	26 Pancho Villa Salad Over Tortilla Chips Pinto Beans/Salsa Watermelon	27 Turkey Corn Dogs Potato Wedges Sliced Peaches/Bananas
30 Nachos Supreme	31 Chow Mein	1 Hot Dogs	Pop Corn Chicken Bowl	Smart Sliced Pizza

This Institution is an equal opportunity provider

Harvest
of the
Month™
STRAWBERRY



Healthy Homemade Strawberry Greek Frozen Yogurt Ingredients:

1 Cup Greek yogurt (*benefits of Greek yogurt*)

4 cups frozen strawberries

3-4 Tbsp Maple syrup (depending on desired sweetness)

1. 1 tsp **vanilla extract**

Add the plain greek yogurt, frozen strawberries (or other frozen fruit), maple syrup, and vanilla extract to your blender or food processor

2. Pulse and blend until a thick "froyo" texture is formed. This can take a couple minutes, and you may need to push the mixture down occasionally. Adjust sweetness (maple syrup) to taste.

3. Serve and enjoy right away for a more soft-serve like texture. Alternatively, transfer to a loaf pan and pop it in the freezer for about 30 minutes if you want it a little more firm!