

Lunch K-8

JUNE 2024

MON	TUE	WED	THU	FRI
<p>3 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>4 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear</p>	<p>5 Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>6 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>7 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing Fresh Apple</p>
<p>10</p>	<p>11 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>12 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>13 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>14 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>17 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>18 Turkey Salsa Bowl w/ Rancho Rice & Pinto Beans or NEW! Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

