



Lunch Menu

June 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| | | June 1 Cheese Sandwich on WW Bread Carrot Sticks (cooked carrots) Ranch Dressing Fruit Milk | June 2 WG Pasta w/ Meat Sauce Mixed Vegetables Fruit Milk | June 3 Chicken & Cheese Burrito on WG Flour Tortilla Corn Fruit Milk |
| June 6 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk | June 7 Early Dismissal | June 8 Closing Mass--9:00 Dismissal--10:30am | June 9 | June 10 |
| June 13 | June 14 | June 15 | June 16 | June 17 |
| <h1>HAVE A WONDERFUL SUMMER</h1> | | | | |
| June 20 | June 21 | June 22 | June 23 | June 24 |
| June 27 | June 28 | June 29 | June 30 | July 1 |

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges,

Mangos