

# LCSD#1 – South HS

## Free Summer Lunch Menu

### June & July 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Chicken Patty 13</b> <b>Sandwich Basket</b> <b>Original -or- Spicy</b> <b>Side:</b> Fresh Veggie Patch	<b>Pizza Rippers 14</b> <b>Cheese or Pepperoni</b> <b>Sides:</b> Baby Carrots & Tomato Bites ☆☆Frozen Fruit Cup☆☆
<b>Breakfast 17 for Lunch</b> <b>Mini Pancakes or French Toast Sticks with Sausage - P</b> <b>Sides:</b> Baby Carrots & Hash Browns	<b>Beef 18</b> <b>Soft Tacos</b> <b>Sides:</b> Refried Beans, Shredded Lettuce, & Diced Tomatoes	<b>19</b> <b>Cheese Dunkers with Marinara Sauce</b> <b>Sides:</b> Baby Carrots & Tomato Bites	<b>20</b> <b>Hamburger with Potato Smiles</b> <b>Side:</b> Fresh Veggie Patch	<b>21</b> <b>Chicken Nuggets</b> <b>Sides:</b> Fresh Veggie Patch ☆☆Frozen Fruit Cup☆☆
<b>BBQ Chicken 24</b> <b>Drumstick &amp; Biscuit</b> <b>Sides:</b> Baby Carrots & Corn/Pea Salad	<b>25</b> <b>Mini Corn Dogs</b> <b>Side:</b> Fresh Veggie Patch	<b>26</b> <b>Super Nachos</b> <b>Sides:</b> Refried Beans, Shredded Lettuce, & Diced Tomatoes	<b>Chicken Patty 27</b> <b>Sandwich Basket</b> <b>Original -or- Spicy</b> <b>Side:</b> Fresh Veggie Patch	<b>Pizza Rippers 28</b> <b>Cheese or Pepperoni</b> <b>Sides:</b> Baby Carrots & Tomato Bites ☆☆Frozen Fruit Cup☆☆
<b>Breakfast 1 for Lunch</b> <b>Mini Pancakes or French Toast Sticks with Sausage - P</b> <b>Sides:</b> Baby Carrots & Hash Browns <b>July</b>	<b>Beef 2</b> <b>Soft Tacos</b> <b>Sides:</b> Refried Beans, Shredded Lettuce, & Diced Tomatoes	<b>3</b> <b>Cheese Dunkers with Marinara Sauce</b> <b>Sides:</b> Baby Carrots & Tomato Bites	<b>4</b> <b>5</b> <b>Closed</b> <b>Happy 4<sup>th</sup> of July!</b>	
<b>BBQ Chicken 8</b> <b>Drumstick &amp; Biscuit</b> <b>Sides:</b> Baby Carrots & Corn/Pea Salad	<b>9</b> <b>Mini Corn Dogs</b> <b>Side:</b> Fresh Veggie Patch	<b>10</b> <b>Super Nachos</b> <b>Sides:</b> Refried Beans, Shredded Lettuce, & Diced Tomatoes	<b>Chicken Patty 11</b> <b>Sandwich Basket</b> <b>Original -or- Spicy</b> <b>Side:</b> Fresh Veggie Patch	<b>Pizza Rippers 12</b> <b>Cheese or Pepperoni</b> <b>Sides:</b> Baby Carrots & Tomato Bites ☆☆Frozen Fruit Cup☆☆
<b>Beef 15</b> <b>Soft Tacos</b> <b>Sides:</b> Refried Beans, Shredded Lettuce, & Diced Tomatoes	<b>Breakfast 16 for Lunch</b> <b>Mini Pancakes or French Toast Sticks with Sausage - P</b> <b>Sides:</b> Baby Carrots & Hash Browns			
				<b>☆ - Vegetarian</b> This institution is an equal opportunity provider.

In addition to the main entrée line, several other entrée options are available each day.  
 (Not all choices are available every day. See café for the daily menu.)



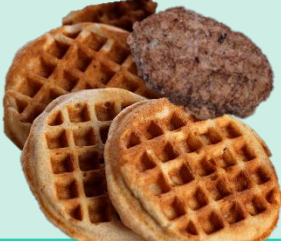


**Lunch Service:**  
**11:30am-12:30pm**

**Hot Options:**  
*Chicken Sandwich Baskets:*  
 Original or Spicy Patty with Onion Rings or Potato Wedges  
*Bean & Cheese Burrito*

**Cold Options:**  
*PBJ Uncrustable*  
*Fruit, Yogurt & Cheese Plate*  
*Deli Sandwiches*

All meals include your choice of fruit, vegetables and milk.

# LCSD#1 Free Summer School Breakfast Menu June and July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a stick - P	Banana Bread	Waffles & Sausage	Fruit Frudel	Mini Cinnis
				

In addition to the regular menu above, students will have other entrée choices such as Ultimate Breakfast Round, Bagel & Cream Cheese, a variety of whole grain cold cereal, granola & yogurt. Each meal also comes with your choice of fruit, juice, and milk.

P – Contains Pork

## Breakfast Service: 8-8:30am

Summer School Breakfast is available June 13<sup>th</sup>-July 16<sup>th</sup> and will be closed July 4<sup>th</sup> and 5<sup>th</sup>  
 Summer School Sites: South High School and Baggs, Freedom, Goins, Rossman and Sunrise.  
 Boys & Girls Club at Cole (see YMCA menu) - Open site, 18 & under eat for free!

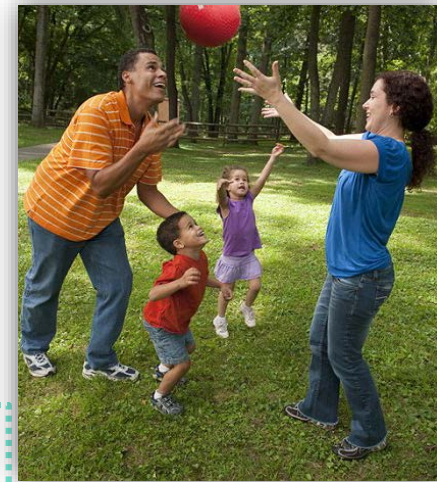
take time for  
**school**  
**BREAKFAST**



This institution is an equal opportunity provider.



# Fuel Up for Summer Fun with the **FREE** Summer Food Program!



## Locations & Service Times

**June 13-July 16, 2019**

Breakfast 8:00-8:30am

Lunch 11:30am-12:30pm

Baggs

Freedom

Goins

Rossmann

Sunrise



**June 13-July 19, 2019**

**South High**

Breakfast 7:15-7:45am

Lunch 11:30-12:30pm

**June 13-July 19, 2019**

**Cole**

Breakfast 7:30-8am

Lunch 12-12:30pm



## Extended Service Locations

**June 13-August 3, 2019**

**Lunch Only:**

**YMCA:** 11:00am-12:00pm

**Parks & Rec Sites:**

**Pioneer Park Center (PPC) (1331 Talbot Ct.) &  
Youth Activity & Community Center (YAC)  
(1317 Parsley Blvd)**

Mon, Wed & Fri 11:30 am-12:30 pm

Tues (PPC) 11:30 am-12:30 pm

Tues (YAC) 10:30-11:30 am

Thurs 12:30-1:30 pm

(no adult meals for purchase at YMCA,  
Pioneer Park Center or Community Center)

**Everyone 18  
years old  
and under  
can eat for  
free at all  
locations!**

Adults may  
purchase a meal  
for \$4.00

(not available at YMCA,  
Parks & Rec Sites,  
and Cole)



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