

# June 2018 Middle School Lunch

## Meal Pattern

Choice of Entrée,  
Grain/Bread, Vegetable,  
Fruit, Milk

Milk Choices of 1%-14  
or Fat Free Chocolate-  
20 are offered daily

Juice-14

Craisins/Raisins-29  
are offered daily

Enjoy your summer!  
Don't forget about our  
FREE Summer Feeding  
Program . Contact the  
Nutrition Office at  
627-1150 for more  
information.

				Friday, June 1
				*Cheese Stuffed Sticks-30 w/ Marinara 6 Chicken Rings -17 w/ *Breadstick-18 Steamed Broccoli-5 Glazed Carrots-19 Straight Cut Fries-19 Orange Slices-16 Fruit Cocktail-15
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
Meatloaf-7 w/ *Roll-29 *Stuffed Crust Pizza-34 Hot Dog on *Bun-30 Egg Salad Wrap w/ lettuce & carrots - 54 Mashed Potatoes-14 Multi-Color Cauliflower-5 Crinkle Cut Fries-14 Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Orange-16 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Stuffed Crust Pizza-34 Garden Salad w/ Cheese -18 & 2 *Breadsticks-36 Peas-11 Baked Sweet Potato-12 w/ cinnamon toping-11 Potato Wedges-18 Fresh Orange-16	Spaghetti-29 w/ *Breadstick-18 *Pepperoni Pizza-34 *Cheeseburger-30 Chicken Garden Salad-27 w/ *2 Breadsticks-36 Caesar side Salad-8 Mixed Veggies-4 Tater Tots-14 Local Apple-17 Applesauce-14	*Chicken Fillet Sandwich-42 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Fresh Apple-17 Sliced Peaches-14
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
Managers Choice	Managers Choice	Managers Choice	Managers Choice	Managers Choice

\*Notes items that are whole grain or contain whole grain.  
Numbers listed to the right of each item are total  
carbohydrates in grams.

This institution is an equal  
opportunity provider.  
Menu subject to change.



five two one  
almost none