



JUNE 2019

# MS & HS SUMMER BREAKFAST AND LUNCH MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| <p>French Toast <b>3</b></p> <hr/> <p><b>Pulled Pork BBQ Sandwich</b><br/>Cole Slaw<br/>Seasoned Pinto Beans<br/>Fresh Watermelon</p>                     | <p>Whole Wheat Cinnamon Roll <b>4</b></p> <hr/> <p><b>Chicken Tenders</b><br/>Mashed Potatoes &amp; Gravy<br/>Tossed Salad<br/>Fresh Berries<br/>Wheat Roll</p>  | <p>Ham &amp; Cheese Croissant <b>5</b></p> <hr/> <p><b>Fish Sandwich</b><br/>Sweet Potato Fries<br/>Tossed Salad<br/>Fresh Fruit Medley</p>           | <p>Sausage &amp; Cheese Kolache <b>6</b></p> <hr/> <p><b>Cheese Enchiladas</b><br/>Seasoned Pinto Beans<br/>Tossed Salad<br/>Mixed Fruit<br/>Sliced Peaches</p>  | <p><b>7</b></p> <hr/> <p><b>SCHOOL CLOSED</b></p>  |
| <p>Mini Pancakes <b>10</b></p> <hr/> <p><b>Chicken Tenders</b><br/>Diced Carrots<br/>Tossed Salad<br/>Fresh Watermelon</p>                                | <p>Whole Wheat Cinnamon Roll <b>11</b></p> <hr/> <p><b>Steak Fingers</b><br/>Mashed Potatoes &amp; Gravy<br/>Tossed Salad<br/>Fresh Cantaloupe Chunks</p>        | <p>Sausage &amp; Cheese Biscuit <b>12</b></p> <hr/> <p><b>Nachos</b><br/>Seasoned Pinto Beans<br/>Tossed Salad<br/>Mandarin Oranges<br/>Cornbread</p> | <p>Sausage &amp; Cheese Kolache <b>13</b></p> <hr/> <p><b>Spaghetti &amp; Meatballs</b><br/>Roasted Broccoli<br/>Tossed Salad<br/>Mixed Fruit<br/>Wheat Roll</p> | <p><b>14</b></p> <hr/> <p><b>SCHOOL CLOSED</b></p> |
| <p>French Toast <b>17</b></p> <hr/> <p><b>Pulled Pork BBQ Sandwich</b><br/>Cole Slaw<br/>Seasoned Pinto Beans<br/>Fresh Watermelon</p>                    | <p>Whole Wheat Cinnamon Roll <b>18</b></p> <hr/> <p><b>Chicken Tenders</b><br/>Mashed Potatoes &amp; Gravy<br/>Tossed Salad<br/>Fresh Berries<br/>Wheat Roll</p> | <p>Ham &amp; Cheese Croissant <b>19</b></p> <hr/> <p><b>Fish Sandwich</b><br/>Sweet Potato Fries<br/>Tossed Salad<br/>Fresh Fruit Medley</p>          | <p>Sausage &amp; Cheese Kolache <b>20</b></p> <hr/> <p><b>Cheese Enchiladas</b><br/>Seasoned Pinto Beans<br/>Tossed Salad<br/>Mixed Fruit<br/>Sliced Peaches</p> | <p><b>21</b></p> <hr/> <p><b>SCHOOL CLOSED</b></p> |
| <p>Mini Pancakes<br/>Fruit &amp; Yogurt Parfait <b>24</b></p> <hr/> <p><b>Chicken Tenders</b><br/>Diced Carrots<br/>Tossed Salad<br/>Fresh Watermelon</p> | <p>Whole Wheat Cinnamon Roll <b>25</b></p> <hr/> <p><b>Steak Fingers</b><br/>Mashed Potatoes &amp; Gravy<br/>Tossed Salad<br/>Fresh Cantaloupe Chunks</p>        | <p>Sausage &amp; Cheese Biscuit <b>26</b></p> <hr/> <p><b>Nachos</b><br/>Seasoned Pinto Beans<br/>Tossed Salad<br/>Mandarin Oranges<br/>Cornbread</p> | <p>Sausage &amp; Cheese Kolache <b>27</b></p> <hr/> <p><b>Spaghetti &amp; Meatballs</b><br/>Roasted Broccoli<br/>Tossed Salad<br/>Mixed Fruit<br/>Wheat Roll</p> | <p><b>28</b></p> <hr/> <p><b>SCHOOL CLOSED</b></p> |

**A complete breakfast includes**

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

**Daily Breakfast Features**

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

**A complete lunch includes**

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

**Daily Lunch Features**

- Hummus & pita bread entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

**Fresh Entrée Salad**

- Grilled Chicken Caesar Salad



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Menus are subject to change without notice due to price and availability of food.