

# June 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches ( 1/4c) cucumbers (1/4c) 1% milk (3/4c)	5 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)
8 grilled cheese sandwiches (2 sl wg bread & 1.5o cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)	9 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	10 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	11 Holiday No School	12 - sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) corn (1/4 c) 1% milk (3/4 c)
15 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce ( 1/4c) cucumbers(1/4c) 1% milk (3/4c)	16 chicken nuggets (4 pieces) Hapa rice (1/2 c) pears (1/4c) Green beans (1/4c) 1% milk (3/4c)	17 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	18 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	19 turkey dog (1.5oz) on bun oranges (1/4c) corn (1/4c) 1% milk (3/4c)
22 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)	23 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	24 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)	25 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	26 Hamburger (1.5oz) on bun Pears (1/4c) cucumber (1/4c) 1% milk (3/4c)
29 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches ( 1/4c) cucumbers (1/4c) 1% milk (3/4c)	30 Chicken & broccoli chow mein (2.25oz meat & 1/4c veggie) Chow mein noodles (1/2 c) applesauce(1/4c) 1% milk (3/4c)			

This menu is subject to change based upon the availability of products.

Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

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