



To find your school, please scroll
(schools are in alphabetical
order) or use the CTRL + F
function and search your
school's name!

Have a great summer!



Menu for June 2019



All High School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day

Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day

Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides

Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day

Toasted Strudel
Dried Fruit & 100% Juice

Lunch of the Day

Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day

Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day

Breakfast Burrito w/ Scrambled
Eggs, Chorizo & Queso
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Hashed Potatoes
Juicy Peaches
Fresh Assorted Fruit
Fresh Celery Sticks w/ Hummus

Thursday, June 6

Breakfast of the Day

Egg Sandwich on Croissant
Dried Fruit & 100% Juice

Lunch of the Day

Nacho Supreme w/ Tostitos
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Steamed Corn
Fresh Apple Slices
Fresh Assorted Fruit
Fresh Celery & Cucumbers

Friday, June 7

Breakfast of the Day

Homemade Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day

Four-Pepper Sausage with
Dirty Rice & Biscuit
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Steamed Carrots
Chilled Pears
Fresh Assorted Fruit
Fresh Assorted Vegetables

NUTRITION TO GO
The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.
A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day

Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day

Choice of Mozzarella or Pizza
Sticks with Marinara Sauce
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Steamed Mixed Vegetables
Assorted Fruit Cups
Fresh Assorted Fruit
Fresh Cucumbers

Tuesday, June 11

Breakfast of the Day

Bagel with Spread
Fresh Fruit & 100% Juice

Lunch of the Day

Chicken Cheese Steak OR
Buffalo Chicken Cheese Steak
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides

Tasty Collard Greens
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day

Assorted Breakfast Bars
Fresh Fruit & 100% Juice

No Lunch Today!

*Have a great
Summer Vacation
and Congrats
Seniors!*

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of
luck. If not, we'll see you in a
few months!



Menu for June 2019



AI Middle School Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Toast Crunch Pastry
Fresh Fruit & 100% Juice

Lunch of the Day
Bacon Cheeseburger
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Zesty Ranchero Beans
Sweet Strawberry Cup
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Piggie Stick
Dried Fruit & 100% Juice

Lunch of the Day
Chicken Cheese Steak Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Fajita Blend Vegetables
Chilled Applesauce
Fresh Assorted Fruit
Fresh Sugar Snap Peas

Friday, June 7

Breakfast of the Day
Mini Waffles
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Chilled Pears
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sub
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Cucumber Slices

Tuesday, June 11

Breakfast of the Day
Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Nuggets
With Dinner Roll
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Hashed Potatoes
Peach Cup
Fresh Assorted Fruit
Fresh Snap Peas & Tomatoes

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Assorted Deli Subs
Assorted Salads

Fruit & Vegetable Sides
Chipotle Black Bean Salad
Chilled Applesauce
Fresh Assorted Fruit
Assorted Veggies w/ Hummus

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Baltz Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Rolls
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks
With Marinara Sauce
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Tasty Peas
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Piggie Sticks
Fresh Fruit & 100% Juice

Lunch of the Day
Grilled Cheese Sandwich
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Warm Tomato Soup
Chilled Applesauce
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

Friday, June 7

Breakfast of the Day
Cinnamon Toast Crunch Pastry
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Subs
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Chilled Pears
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Breakfast Pizza
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty Sandwich
BLT Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Juicy Peaches
Fresh Assorted Fruit
Fresh Carrot Sticks

Tuesday, June 11

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Oven Roasted Potatoes
Sweet Pineapple Chunks
Fresh Assorted Fruit
Fresh Sugar Snap Peas

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Cool Mixed Fruit
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Brandywine Springs School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Homemade Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Oven Baked Chicken w/ Biscuit
Ham & Cheese Sandwich
Chicken Caesar Salad

Fruit & Vegetable Sides
Creamy Mashed Potatoes
Chilled Applesauce Cup
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger Helper
With Garlic Knot
Italian Sub
Grilled Chicken Salad

Fruit & Vegetable Sides
Steamed Green Beans
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Cucumbers & Tomatoes

Friday, June 7

Breakfast of the Day
Cinnabar
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Turkey & Cheese Sandwich
Crispy Chicken Salad

Fruit & Vegetable Sides
Steamed Corn
Chilled Pears
Fresh Assorted Fruit
Chipotle Black Bean Salad

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Yogurt with French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Ham & Cheese Sandwich
Chicken Caesar Salad

Fruit & Vegetable Sides
Oven Baked Fries
Warm Apple Crisp
Fresh Assorted Fruit
Assorted Bean Salads

Tuesday, June 11

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
With Bake Shop Dinner Roll
Italian Sub
Grilled Chicken Salad

Fruit & Vegetable Sides
Steamed Carrots
Mixed Fruit
Fresh Assorted Fruit
Fresh Cucumbers & Tomatoes

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Turkey & Cheese Sandwich
Crispy Chicken Salad

Fruit & Vegetable Sides
Steamed Corn
Chilled Pears
Fresh Assorted Fruit
Fresh Carrot Sticks

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
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Menu for June 2019



Cab Calloway & Wilmington Charter Breakfast & Lunch

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Toaster Frudel
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Tuna Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Juicy Peaches
Fresh Assorted Fruit
Fresh Baby Carrots

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Macaroni & Cheese OR Beef
Chili with Pretzel Roll
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Chilled Applesauce
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Friday, June 7

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Nacho Supreme with Tostitos
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn & Peas
Strawberry Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Egg Sandwich
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Calzone
With Marinara Sauce
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Chilled Applesauce
Fresh Assorted Fruit
Fresh Broccoli & Tomatoes

Tuesday, June 11

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers
With Marinara Sauce
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Assorted Cereal
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Jamwich Snack Pack

Fruit & Vegetable Sides
Assorted Mixed Vegetables
Assorted Fruit Cups
Assorted Fresh Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Conrad Schools of Science Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Toaster Frudel
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks
With Marinara Sauce
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Peas
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Thursday, June 6

Breakfast of the Day
Breakfast Sandwich
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Friday, June 7

Breakfast of the Day
Bagel with Spread
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Cheese Steak
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Mixed Vegetables
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Tuesday, June 11

Breakfast of the Day
Assorted Cereal Bar
Fresh Fruit & 100% Juice

Lunch of the Day
General Tso's Chicken
With Chow Mein
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Broccoli
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Pop Tarts or Appleyway Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
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Menu for June 2019



Cooke Elementary School Breakfast & Lunch Menu

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Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Mini Waffles
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty Sandwich
Cheeseburger on Bun
Crispy Chicken Sandwich
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Juicy Peaches
Fresh Assorted Fruit
Fresh Peppers & Tomatoes

Thursday, June 6

Breakfast of the Day
Egg Sandwich on Croissant
Fresh Fruit & 100% Juice

Lunch of the Day
Popcorn Chicken w/ Biscuit
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Apple Slices
Fresh Assorted Fruit
Fresh Carrot Sticks

Friday, June 7

Breakfast of the Day
Homemade Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Four-Cheese Tortellini
With Garlic Knot
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Oven Roasted Broccoli
Chilled Pears
Fresh Assorted Fruit
Fresh Celery Sticks w/ Hummus

NUTRITION TO GO
The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.
A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Breakfast Burrito w/ Scrambled
Eggs, Chorizo & Queso
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Hashed Potatoes
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Cucumbers

Tuesday, June 11

Breakfast of the Day
Bagel w/ Spread
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Cheese Steak
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Oven Roasted Brussels Sprouts
Juicy Peaches
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Piggle Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Savory Carrots
Sweet Pineapple Chunks
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
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few months!



Menu for June 2019



Dickinson High School Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Toaster Frudel
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Breakfast Pizza
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Tangy Apricot Cups
Fresh Assorted Fruit
Assorted Fresh Vegetables

Thursday, June 6

Breakfast of the Day
Piggie Sticks
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Santa Fe Soup
Chilled Pears
Fresh Assorted Fruit
Assorted Fresh Vegetables

Friday, June 7

Breakfast of the Day
Whole-Grain Donut
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Fajitas w/ Whole-Grain
Tortilla & Fixings
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Buttery Corn
Strawberry Cup
Fresh Assorted Fruit
Mango Black Bean Salad

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Pepperoni Calzones
With Marinara Sauce
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Peas
Apple Cobbler
Fresh Assorted Fruit
Assorted Fresh Vegetables

Tuesday, June 11

Breakfast of the Day
Bagel w/ Spread
Fresh Fruit & 100% Juice

Lunch of the Day
Pretzel Dogs
Beef Chili with Brown Rice
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Green Beans & Potatoes
Mixed Berry Cup
Fresh Assorted Fruit
Assorted Fresh Vegetables

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Egg Frittata with Dinner Roll
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Purple Potatoes
Chilled Applesauce
Fresh Assorted Fruit
Assorted Fresh Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Forest Oak Elementary Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Gourmet French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks
Or Four Cheese Ravioli
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Broccoli
Cool Mixed Fruit
Fresh Assorted Fruit
Raw Assorted Vegetables

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Strawberry Cup
Fresh Assorted Fruit
Raw Assorted Vegetables

Friday, June 7

Breakfast of the Day
Whole-Grain Donut
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Malibu Blend Vegetables
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger Helper
With Dinner Roll
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Peas
Peach Cup
Fresh Assorted Fruit
Raw Assorted Vegetables

Tuesday, June 11

Breakfast of the Day
Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Nacho Supreme w/ Tostitos
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Strawberry Cup
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Blueberry Muffin
Fresh Fruit & 100% Juice

Lunch of the Day
Hot Dog on Bun
Mini Corn Dogs
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
BBQ Baked Beans
Chilled Applesauce
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
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Menu for June 2019



HB du Pont Middle School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Bun
Fresh Fruit & 100% Juice

Lunch of the Day
Four-Cheese Ravioli w/Marinara
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Assorted Fruit Cups
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Fajitas with Tortilla
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Santa Fe Soup
Juicy Peaches
Fresh Assorted Fruit
Fresh Tomatoes & Broccoli

Friday, June 7

Breakfast of the Day
Assorted Breakfast Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Chilled Pears
Fresh Assorted Fruit
Fresh Celery w/ Hummus Dip

NUTRITION TO GO

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A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Sweet Potato Fries
Assorted Fruit Cups
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 11

Breakfast of the Day
Cinnamon Bun
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sub
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Hashed Potatoes
Juicy Peaches
Fresh Assorted Fruit
Fresh Carrot Sticks

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bowls
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Celery Sticks

YOUR ASSIGNMENT

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Menu for JUNE 2019



Gateway Labs School Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



Q: What kind of magic does it take to get PRUNES to grow on a PLUM tree?

A: To be honest, there's absolutely no magic involved at all! Prunes are actually just dried plums, so every plum tree grows plums AND prunes!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

Breakfast of the Day
Assorted Muffins
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Juicy Peaches
Fresh Assorted Fruit
Fresh Carrot Sticks

Tuesday, June 4

Breakfast of the Day
Mini Confetti Pancake
Dried Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks w/ Marinara
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Buttery Peas
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Apple Cinnamon French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Sweet Potato Fries
Assorted Fruit Cups
Fresh Assorted Fruit
Chipotle Black Bean Salad

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Nuggets
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Creamy Mashed Potatoes
Assorted Fruit Cups
Fresh Assorted Fruit
Garlic Sautéed Spinach

Friday, June 7

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers w/ Marinara
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Tasty Peas & Carrots
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Red Clay School District
SUMMER FEEDING PROGRAM
Red Clay Café is serving students during Summer Break! Visit www.redclaycafe.com or call 302.992.5580 for Locations & Meal Times!

NUTRITION TO GO
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A QUICK BITE FOR PARENTS



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Menu for June 2019



Heritage Elementary School Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Blueberry Muffin
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Juicy Peaches
Fresh Assorted Fruit
Fresh Cucumbers

Thursday, June 6

Breakfast of the Day
Mini Bagels
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Oven Baked Chicken
Fresh Assorted Fruit
Assorted Fresh Vegetables

Fruit & Vegetable Sides
Steamed Green Beans
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Celery Sticks

Friday, June 7

Breakfast of the Day
Eggs & Potato Bowl w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Fresh Assorted Fruit
Assorted Fresh Vegetables

Fruit & Vegetable Sides
Tasty Collard Greens
Chilled Applesauce
Fresh Assorted Fruit
Fresh Carrot Sticks

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Fresh Assorted Fruit
Assorted Fresh Vegetables

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Juicy Peaches
Fresh Assorted Fruit
Fresh Peppers & Celery Sticks

Tuesday, June 11

Breakfast of the Day
Homemade Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Bacon Cheeseburger
Fresh Assorted Fruit
Assorted Fresh Vegetables

Fruit & Vegetable Sides
Steamed Green Beans
Juicy Peaches
Fresh Assorted Fruit
Fresh Cucumbers & Peppers

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Tenders
Fresh Assorted Fruit
Assorted Fresh Vegetables

Fruit & Vegetable Sides
Steamed Corn
Chilled Applesauce
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Highlands Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Toast Crunch Pastry
Fresh Fruit & 100% Juice

Lunch of the Day
Bacon Cheeseburger
Tuna Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Zesty Ranchero Beans
Strawberry Cup
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Poppers w/ Dinner Roll
Chicken Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Chilled Applesauce
Fresh Assorted Fruit
Fresh Sugar Snap Peas

Friday, June 7

Breakfast of the Day
Pizza Bagel
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Chilled Pears
Fresh Assorted Fruit
Fresh Broccoli Florets

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sub
Egg Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Cucumbers

Tuesday, June 11

Breakfast of the Day
Egg & Potatoes with Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Macaroni & Cheese w/ Pretzel Roll
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Broccoli
Peach Cup
Fresh Assorted Fruit
Fresh Snap Peas & Tomatoes

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Assorted Deli Subs
Assorted Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Chipotle Black Bean Salad
Chilled Applesauce
Fresh Assorted Fruit
Fresh Veggies with Hummus

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Linden Hill Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Chicken Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Juicy Peaches
Fresh Assorted Fruit
Fresh Baby Carrots

Thursday, June 6

Breakfast of the Day
Breakfast Sandwich
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken or Beef Cheese Steak
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Chilled Applesauce
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Friday, June 7

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Roasted Broccoli
Fresh Apple Slices
Fresh Assorted Fruit
Fresh

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Sloppy Joe Sandwich
Beef Chili with Dinner Roll
Chicken Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Collard Greens
Juicy Peaches
Fresh Assorted Fruit
Baby Carrots & Crazy Bean Salad

Tuesday, June 11

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Chicken Patty on Bun
Grilled Chicken Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots & Green Beans
Chilled Applesauce
Fresh Assorted Fruit
Fresh Broccoli & Cherry Tomatoes

Wednesday, June 12

Breakfast of the Day
Assorted Hot Breakfast
Fresh Fruit & 100% Juice

Lunch of the Day
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Mixed Vegetables
Assorted Fruit Cups
Fresh Assorted Fruit
Assorted Veggie Cups

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Lewis Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Assorted Muffins
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Juicy Peaches
Fresh Assorted Fruit
Assorted Fresh Vegetables

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Grilled Cheese Sandwich
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Warm Tomato Soup
Cool Mixed Fruit
Fresh Assorted Fruit
Assorted Veggie Cups

Friday, June 7

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Assorted Fruit Cups
Fresh Assorted Fruit
Assorted Raw Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Yogurt with French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Malibu Blend
Chilled Applesauce
Fresh Assorted Fruit
Fresh Red Peppers & Celery

Tuesday, June 11

Breakfast of the Day
Entrée Here
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Chilled Pears
Fresh Assorted Fruit
Fresh Carrot Sticks

Wednesday, June 12

Breakfast of the Day
Entrée Here
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Marbrook Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!

*Pre-K Meal; Breakfast & Lunch comes with Low-Fat Milk



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Sweet Roll with Graham
Fresh Fruit & 100% Juice
*Yogurt w/ Graham

Lunch of the Day
Beef Chili with Pretzel Roll
Assorted Deli Sandwiches
Assorted Salads
Ham & Cheese Sandwich*

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Chilled Applesauce*
Fresh Assorted Fruit
Fresh Cauliflower Florets*

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice
*Assorted Cereal w/ Graham

Lunch of the Day
Cheeseburger on Bun*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
BBQ Baked Beans*
Peach Cup*
Fresh Assorted Fruit
Raw Vegetables

Friday, June 7

Breakfast of the Day
Harvest Muffin w/ Graham*
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Glazed Carrots*
Cinnamon Apple Slices*
Fresh Assorted Fruit
Raw Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice
Assorted Cereal*

Lunch of the Day
Meatball Parmesan Sandwich
Assorted Deli Sandwiches
Assorted Salads
Turkey & Cheese Sandwich*

Fruit & Vegetable Sides
Steamed Green Beans & Carrots*
Chilled Pears*
Fresh Assorted Fruit
Raw Vegetables

Tuesday, June 11

Breakfast of the Day
Bagel with Spread*
Fresh Fruit & 100% Juice

Lunch of the Day
Breakfast Burrito w/ Fixings
Assorted Deli Sandwiches
Assorted Salads
Italian Sub*

Fruit & Vegetable Sides
Hashed Potatoes*
Fresh Fruit Combo*
Fresh Assorted Fruit
Raw Vegetables

Wednesday, June 12

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice
Assorted Muffins*

Lunch of the Day
Popcorn Chicken w/ Dinner Roll*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Sweet Potato Fries*
Peach Cup*
Fresh Assorted Fruit
Raw Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Meadowood School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Gourmet French Toast
Fresh Assorted Fruit

Lunch of the Day
Cheese Pizza Dippers
With Marinara Sauce
Steamed Carrots & Green Beans
Juicy Peaches
Low-Fat Milk

Snack of the Day
String Cheese
Cereal Bar
Water

Tuesday, June 4

Breakfast of the Day
Cereal Bar w/ Graham
Dried Fruit Pack

Lunch of the Day
French Toast Sticks with
Breakfast Sausage & Yogurt Cup
Fresh Cucumber Slices
Fresh Fruit Combo
Low-Fat Milk

Snack of the Day
Smartfood Popcorn
Low-Fat Milk

Wednesday, June 5

Breakfast of the Day
Mini Waffles
Fresh Fruit & 100% Juice

Lunch of the Day
Beef Chili with Biscuit
Tasty Peas
Chilled Pears
Low-Fat Milk

Snack of the Day
Cheez-its
Dried Fruit
Water

Thursday, June 6

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty on Roll
Malibu Blend Vegetables
Mixed Berry Cup
Low-Fat Milk

Snack of the Day
Cheddar Goldfish
Dried Fruit
Water

Friday, June 7

Breakfast of the Day
Cereal Bowl w/ Graham
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Oven Baked Fries
Cinnamon Apple Slices
Low-Fat Milk

Snack of the Day
Animal Crackers
Low-Fat Milk

NUTRITION TO GO
The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.
A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Popcorn Chicken w/ Biscuit
Steamed Green Beans
Mixed Fruit
Low-Fat Milk

Snack of the Day
Munchi Mix
100% Fruit Juice

Tuesday, June 11

Breakfast of the Day
Whole-Grain Donut
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak on Roll
Crazy Bean Salad
Juicy Peaches
Low-Fat Milk

Snack of the Day
Animal Crackers
Low-Fat Milk

Wednesday, June 12

Breakfast of the Day
Cereal Bowl w/ Graham
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Ravioli w/ Marinara
OR Cheese Calzone
Sautéed Spinach
Chilled Applesauce
Low-Fat Milk

Snack of the Day
Cheddar Goldfish
Dried Fruit
Low-Fat Milk

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!



Menu for June 2019



Mote Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Homemade Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Turkey & Cheese Sandwich
Chicken Caesar Salad

Fruit & Vegetable Sides
Oven Baked Fries
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Italian Sub
BLT Chicken Salad

Fruit & Vegetable Sides
Steamed Green Beans
Chilled Pears
Fresh Assorted Fruit
Chipotle Black Bean Salad

Friday, June 7

Breakfast of the Day
Mini Bagel
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Ham & Cheese Sandwich
Grilled Chicken Salad

Fruit & Vegetable Sides
Steamed Corn
Chilled Applesauce
Fresh Assorted Fruit
Fresh Red & Green Peppers

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Apple Cinnamon French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Four Cheese Tortellini
With Garlic Knot
Turkey & Cheese Sandwich
Chicken Caesar Salad

Fruit & Vegetable Sides
Steamed Carrots
Chilled Applesauce
Fresh Assorted Fruit
Assorted Bean Salads

Tuesday, June 11

Breakfast of the Day
French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
With Macaroni & Cheese
Ham & Cheese Sandwich
Grilled Chicken Salad

Fruit & Vegetable Sides
Steamed Green Beans
Assorted Fruit Cups
Fresh Assorted Fruit
Fresh Cucumbers & Tomatoes

Wednesday, June 12

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Italian Sub
Crispy Chicken Salad

Fruit & Vegetable Sides
Steamed Corn
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Carrot Sticks

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



North Star Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Buns
Fresh Fruit & 100% Juice

Lunch of the Day
Four Cheese Tortellini
With Garlic Knot
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Assorted Fruit Cups
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

Thursday, June 6

Breakfast of the Day
Piggie Sticks
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Poppers
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Chicken Corn Chowder
Juicy Peaches
Fresh Assorted Fruit
Fresh Tomatoes & Broccoli

Friday, June 7

Breakfast of the Day
Assorted Breakfast Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Crazy Bean Salad
Chilled Pears
Fresh Assorted Fruit
Fresh Celery Sticks w/ Hummus

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
BBQ Baked Beans
Assorted Fruit Cups
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 11

Breakfast of the Day
Cinnamon Bun
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Sweet Potato Fries
Juicy Peaches
Fresh Assorted Fruit
Fresh Carrot Sticks

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bowl
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Celery Sticks

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for JUNE 2019



Richardson Park Elementary School Breakfast & Lunch

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!

*Pre-K Meal; Breakfast & Lunch comes with Low-Fat Milk



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Yogurt & French Toast Bites*
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Assorted Deli Sandwiches
Assorted Salads
Ham & Cheese Sandwich*

Fruit & Vegetable Sides
Sweet Potato Fries
Chilled Applesauce*
Fresh Assorted Fruit
Fresh Cauliflower Florets*

Thursday, June 6

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice
Mini Pancakes*

Lunch of the Day
Cheeseburger on Bun*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
BBQ Baked Beans*
Peach Cup*
Fresh Assorted Fruit
Raw Veggie Cup

Friday, June 7

Breakfast of the Day
Bagel w/ Spread*
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Chilled Cinnamon Apples*
Fresh Assorted Fruit
Fresh Cauliflower Florets*

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice
Assorted Muffins*

Lunch of the Day
Meatball Parmesan Sub
Assorted Deli Sandwiches
Assorted Salads
Turkey & Cheese Sandwich*

Fruit & Vegetable Sides
Steamed Green Beans*
Chilled Pears*
Fresh Assorted Fruit
Fresh Assorted Vegetables

Tuesday, June 11

Breakfast of the Day
Warm Cinnamon Roll
Fresh Fruit & 100% Juice
Yogurt w/ Graham*

Lunch of the Day
Macaroni & Cheese
Tortellini w/ Marinara*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Peas & Carrots*
Fresh Fruit Combo*
Fresh Assorted Fruit
Fresh Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars*
Fresh Fruit & 100% Juice

Lunch of the Day
Popcorn Chicken w/ Dinner Roll*
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Sweet Potato Fries*
Peach Cup*
Fresh Assorted Fruit
Fresh Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Richey Elementary School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Turnover
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Chilled Applesauce
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Breakfast Sandwich
Fresh Fruit & 100% Juice

Lunch of the Day
Oven Baked Chicken
OR Asian Chicken Bowl
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Mashed Potatoes
Juicy Peaches
Fresh Assorted Fruit
Fresh Celery Sticks & Tomatoes

Friday, June 7

Breakfast of the Day
Eggs & Potatoes w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Italian Sub
Assorted Salads

Fruit & Vegetable Sides
Normandy Blend Vegetables
Chilled Applesauce
Fresh Assorted Fruit
Raw Assorted Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks w/ Marinara
Crispy Chicken Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Chilled Pears
Fresh Assorted Fruit
Raw Assorted Vegetables

Tuesday, June 11

Breakfast of the Day
French Toast
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Cheese Steak
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

Wednesday, June 12

Breakfast of the Day
Bagel with Spread
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Assorted Fruit Cups
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Shortlidge Elementary Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Potato & Egg Bowl w/ Graham
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Cheese Steak Sandwich
Turkey & Cheese Sandwich
Chef Salad

Fruit & Vegetable Sides
Steamed Peas & Carrots
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Pepper Trio

Thursday, June 6

Breakfast of the Day
Piggie Stick
Dried Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Italian Sub
Grilled Chicken Salad

Fruit & Vegetable Sides
Steamed Green Beans
Juicy Peaches
Fresh Assorted Fruit
Fresh Cucumbers & Celery

Friday, June 7

Breakfast of the Day
Yogurt & French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Cinnamon Apple Slices
Fresh Assorted Fruit
Fresh Carrot Sticks

NUTRITION TO GO
The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.
A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Confetti Mini Pancakes
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Turkey & Cheese Sandwich
Grilled Chicken salad

Fruit & Vegetable Sides
BBQ Baked Beans
Chilled Pears
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

Tuesday, June 11

Breakfast of the Day
Pop Tart
Fresh Fruit & 100% Juice

Lunch of the Day
Roasted Chicken
with Pretzel Roll
Ham & Cheese Sandwich
Chef Salad

Fruit & Vegetable Sides
Roasted Broccoli
Chilled Applesauce
Fresh Assorted Fruit
Fresh Celery & Cucumbers

Wednesday, June 12

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Tuna Salad Sandwich
Crispy Chicken Salad

Fruit & Vegetable Sides
Sweet Potato Fries
Cool Mixed Fruit
Fresh Assorted Fruit
Raw Veggie Cup

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of
luck. If not, we'll see you in a
few months!



Menu for June 2019



Skyline Middle School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Assorted Deli Sandwich
Assorted Salads

Fruit & Vegetable Sides
Sautéed Spinach
Juicy Peaches
Fresh Assorted Fruit
Fresh Cucumbers

Thursday, June 6

Breakfast of the Day
Bagel with Cream Cheese
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Chicken Cheese Steak Sandwich
Assorted Deli Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Chilled Pears
Fresh Assorted Fruit
Fresh Celery & Hummus Dip

Friday, June 7

Breakfast of the Day
Assorted Cereal Bar
Fresh Fruit & 100% Juice

Lunch of the Day
Breakfast Burrito w/ Eggs,
Chorizo, Queso & Tortilla
Assorted Deli Sandwich
Assorted Salads

Fruit & Vegetable Sides
Oven Roasted Broccoli
Assorted Fruit Cups
Fresh Assorted Fruit
Crazy Bean Salad

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Egg & Potato Bowl w/ Graham
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sub
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Mixed Berry Cup
Fresh Assorted Fruit
Fresh Celery Sticks

Tuesday, June 11

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Tasty Beef Chili w/ Garlic Roll
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Vegetable Medley
Tangy Apricot Cup
Fresh Assorted Fruit
Raw Veggie Cup

Wednesday, June 12

Breakfast of the Day
Assorted Cereal bars
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Corn
Chilled Apple Slices
Fresh Assorted Fruit
Raw Assorted Veggies

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for June 2019



Stanton Middle School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Meatball Parmesan Sandwich
Egg Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Tasty Collard Greens
Juicy Peaches
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Breakfast Sandwich
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken or Beef Cheese Steaks
Turkey & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Chilled Applesauce
Fresh Assorted Fruit
Fresh Broccoli & Celery

Friday, June 7

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Vendor Pizza!
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Roasted Broccoli
Chilled Pears
Fresh Assorted Fruit
Fresh Yellow & Green Peppers

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Piggie Stick
Fresh Fruit & 100% Juice

Lunch of the Day
Sloppy Joe Sandwich
Beef Chili with Dinner Roll
Grilled Chicken Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots & Green Beans
Strawberry Cup
Fresh Assorted Fruit
Fresh Broccoli & Tomatoes

Tuesday, June 11

Breakfast of the Day
Assorted Cereal Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Chicken Patty Sandwich
Cheeseburger on Bun
Assorted Deli Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Vegetable Medley
Assorted Fruit Cups
Fresh Assorted Fruit
Assorted Veggie Cup

Wednesday, June 12

Breakfast of the Day
Assorted Breakfast
Fresh Fruit & 100% Juice

Lunch of the Day
Deli Sandwich
Assorted Salads

Fruit & Vegetable Sides
Mixed Vegetables
Assorted Fruit Cups
Fresh Assorted Fruit
Assorted Veggie Cup

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for JUNE 2019



Thomas Edison Charter School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat Plain
Milk served with every meal!
*Does NOT contain any pork or pork products



Q: What kind of magic does it take to get PRUNES to grow on a PLUM tree?

A: To be honest, there's absolutely no magic involved at all! Prunes are actually just dried plums, so every plum tree grows plums AND prunes!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

Breakfast of the Day
Assorted Cereal & Breakfast Bars
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Tuna Salad Sandwich
Grilled Chicken Salad

Fruit & Vegetable Sides
BBQ Baked Beans
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Baby Carrots

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Crispy Fish Sticks
Turkey Ham & Cheese Sandwich*
Buffalo Chicken Salad

Fruit & Vegetable Sides
Steamed Green Beans
Juicy Peaches
Fresh Assorted Fruit
Fresh Celery Sticks

Wednesday, June 5

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak on Roll
Turkey & Cheese Sandwich
Chef Salad

Fruit & Vegetable Sides
Sweet Potato Fries
Chilled Pears
Fresh Assorted Fruit
Fresh Pepper Trio

Thursday, June 6

Breakfast of the Day
Piggie Stick
Dried Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Chicken Club Sandwich
Crispy Chicken Salad

Fruit & Vegetable Sides
Buttery Corn
Chilled Applesauce
Fresh Assorted Fruit
Assorted Veggie Cup

Friday, June 7

HAVE A
WONDERFUL
SUMMER!

Red Clay School District
SUMMER FEEDING PROGRAM
Red Clay Café is serving students during Summer Break! Visit www.redclaycafe.com or call 302.992.5580 for Locations & Meal Times!

NUTRITION TO GO
The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.
A QUICK BITE FOR PARENTS



GET IN THE SWIM.
Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Menu for June 2019



Thomas McKean High School Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Toaster Frudel
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
French Toast Bites
Fresh Fruit & 100% Juice

Lunch of the Day
Spicy Chicken Patty
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Brussels Sprouts
Fresh Orange Wedges
Fresh Assorted Fruit
Raw Vegetables

Thursday, June 6

Breakfast of the Day
Banana Bread Slice
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak Sandwich
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots
Chilled Applesauce
Fresh Assorted Fruit
Raw Vegetables

Friday, June 7

Breakfast of the Day
Mini Bagels
Fresh Fruit & 100% Juice

Lunch of the Day
Mozzarella Sticks
With Marinara Sauce
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Garlic Sautéed Spinach
Tangy Apricot Cup
Fresh Assorted Fruit
Raw Vegetables

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Cinnamon Roll
Fresh Fruit & 100% Juice

Lunch of the Day
Buffalo Chicken Cheese Steak
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Peas & Carrots
Fresh Apple Slices
Fresh Assorted Fruit
Raw Vegetables

Tuesday, June 11

Breakfast of the Day
Scrambled Eggs w/ Biscuit
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Oven Baked Fries
Assorted Cupped Fruit
Fresh Assorted Fruit
Raw Vegetables

Wednesday, June 12

Breakfast of the Day
Harvest Muffin w/ Graham
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza w/ Whole-Grain Crust
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Steamed Mixed Vegetables
Fresh Orange Wedges
Fresh Assorted Fruit
Fresh Carrot Sticks

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!

Menu for JUNE 2019



Urban Promise Breakfast & Lunch Menu

This institution is an equal opportunity provider.
Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!



Q: What kind of magic does it take to get PRUNES to grow on a PLUM tree?

A: To be honest, there's absolutely no magic involved at all! Prunes are actually just dried plums, so every plum tree grows plums AND prunes!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

Breakfast of the Day
Bagels w/ Spread
Fresh Fruit & 100% Juice
Choice of Milk

Lunch of the Day
Dairy Lunchable
Crunchy Carrot Sticks
Chilled Applesauce Cup
Choice of Milk

Tuesday, June 4

Breakfast of the Day
Assorted Cereal Bars
Dried Fruit & 100% Juice
Choice of Milk

Lunch of the Day
Turkey & Cheese Sandwich
Celery Sticks w/ Hummus Dip
Juicy Peaches
Choice of Milk

Wednesday, June 5

Breakfast of the Day
Assorted Muffins
Fresh Fruit & 100% Juice
Choice of Milk

Lunch of the Day
Nacho Snack Pack
Fresh Red & Yellow Peppers
Chilled Pears
Choice of Milk

Thursday, June 6

Breakfast of the Day
Mini Pancakes
Fresh Fruit & 100% Juice
Choice of Milk

Lunch of the Day
Assorted Chef Salad
With Wheat Crackers
Fresh Carrot Sticks & Broccoli
Chilled Applesauce
Choice of Milk

Friday, June 7

Breakfast of the Day
Cereal w/ Graham
Fresh Fruit & 100% Juice
Choice of Milk

Lunch of the Day
Turkey Ham & Cheese Sandwich
Fresh Carrot Sticks
Fresh Apple Slices
Choice of Milk

Red Clay School District
SUMMER FEEDING PROGRAM
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NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS



GET IN THE SWIM.

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**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Menu for June 2019



Warner Elementary School Breakfast & Lunch Menu

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Menus are subject to change.
Fat-Free Plain, Chocolate, Strawberry or Low-Fat
Plain Milk served with every meal!

*Pre-K Meal; Breakfast & Lunch comes with Low-Fat Milk



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WELLNESS IS A WAY OF LIFE!

Monday, June 3

Breakfast of the Day
Mini Cinnis
Fresh Fruit & 100% Juice

Lunch of the Day
Pizza Dippers with Marinara
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Green Beans & Carrots
Juicy Peaches
Fresh Assorted Fruit
Crazy Bean Salad

Tuesday, June 4

Breakfast of the Day
Breakfast Sandwich
Dried Fruit & 100% Juice

Lunch of the Day
Breakfast Sausage & French
Toast Sticks with Syrup
Assorted Deli Sandwiches
Assorted Salads

Fruit & Vegetable Sides
Roasted Butternut Squash
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Broccoli & Celery Sticks

Wednesday, June 5

Breakfast of the Day
Bagel with Spread*
Fresh Fruit & 100% Juice

Lunch of the Day
Hot Dog on Whole-Grain Roll
Turkey & Cheese Sandwich*
Assorted Salads

Fruit & Vegetable Sides
BBQ Baked Beans*
Chilled Applesauce*
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, June 6

Breakfast of the Day
Eggs & Potatoes w/ Biscuit*
Fresh Fruit & 100% Juice

Lunch of the Day
Asian Chicken Bowl*
With Fried Rice
Ham & Cheese Sandwich
Assorted Salads

Fruit & Vegetable Sides
Steamed Carrots & Green Beans *
Juicy Peaches*
Fresh Assorted Fruit
Fresh Celery & Hummus Dip

Friday, June 7

Breakfast of the Day
Assorted Muffins*
Fresh Fruit & 100% Juice

Lunch of the Day
Cheese Steak on Roll*
Chicken Salad Wrap
Assorted Salads

Fruit & Vegetable Sides
Oven Roasted Beets*
Chilled Pears*
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

A QUICK BITE FOR PARENTS

Monday, June 10

Breakfast of the Day
Pizza Bagel*
Fresh Fruit & 100% Juice

Lunch of the Day
Grilled Cheese Sandwich*
Turkey Ham & Cheese Ciabatta
Assorted Salads

Fruit & Vegetable Sides
Buffalo Chicken Soup*
Chilled Applesauce*
Fresh Assorted Fruit
Fresh Carrot Sticks & Broccoli

Tuesday, June 11

Breakfast of the Day
Piggle Stick
Fresh Fruit & 100% Juice
Smoothie with Graham*

Lunch of the Day
Meatball Parmesan Sub
Assorted Deli Sandwiches
Assorted Salads
Pasta & Meatballs w/ Marinara*

Fruit & Vegetable Sides
Chicken Corn Chowder*
Fresh Apple Slices*
Fresh Assorted Fruit
Fresh Cucumber & Tomato Salad

Wednesday, June 12

Breakfast of the Day
Mini Pancakes*
Fresh Fruit & 100% Juice

Lunch of the Day
Cheeseburger on Bun*
Tuna Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides
Savory Succotash*
Apple Crisp or Mixed Fruit*
Fresh Assorted Fruit
Raw Assorted Vegetables

YOUR ASSIGNMENT

HAVE A GREAT SUMMER!
If you're graduating, best of luck. If not, we'll see you in a few months!