

# June 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrition Totals
<b>Menu subject to change</b> <b>A choice of low-fat milk &amp; juice served daily</b>  <b>ADULT LUNCHES ARE \$4.00</b>					
1			1 Yogurt and granola bar Juice and fruit Milk Salisbury steak Rice and gravy Lima beans Vegetable Blend Diced peaches Roll Milk	2 Muffins Juice & fruit Milk Hot Dog w/ Chili Potato wedges Baked Beans Apple Milk  <b>Field Day</b>	<u>NSLP Meal Pattern</u> Must take 3 items for Breakfast and at least 3 out of 5 components for lunch
5 Cinnamon Roll Juice and fruit Milk Cheeseburger French Fries Spinach Apples Milk	6 Froot Loops & muffin Fruit and juice Milk Beef taco Lettuce and cheese Black Eyed Peas Mandarin Oranges Milk	7 Muffins Juice and fruit Milk Turkey & Cheese Sandwich Carrot Sticks Bananas Milk  <b>Early Out/Last Day of School</b>	8 Teacher Workday	9 Teacher Workday	<u>NSLP Meal Pattern</u> Must take 3 items for Breakfast and at least 3 out of 5 components for lunch
12 Cinnamon Roll Juice and fruit Milk Chicken Tenders Green peas Rolls Milk Diced Peaches  <b>Summer School/RTA Starts</b>	13 WG Donut Juice & fruit Milk Beef Nachos Lettuce & cheese Corn Oranges Milk	14 Muffins Juice & fruit Milk Hot Dog w/ Chili Baked Beans Apple Milk	15 Pop Tarts Juice and fruit Milk WG Pizza Tossed salad Oranges Milk	16 Cereal & Muffins Juice & fruit Milk Peanut butter & Jelly Cheese Stick Baby Carrots Sliced Apples Milk	<u>SFPS Meal Pattern</u> Must take at least 3 components and MILK For breakfast and at least 4 for lunch
19 Cinnamon Roll Juice and fruit Milk Cheeseburger French Fries Apples Milk	20 WG Donut Juice and fruit Milk Chicken fajita Lettuce and cheese Black Beans Mandarin Oranges Milk	21 Muffins Muffin Juice & fruit Milk Hamburger steak Rice and gravy Broccoli & Cheese Dinner rolls Mixed Fruit Milk	22 Pop Tart Juice & fruit Milk Meatballs Garlic bread Tossed salad Applesauce Milk	23 Cereal & Muffins Juice and fruit Milk Turkey & Cheese Sandwich Carrot Sticks Bananas Milk  <b>Summer School Ends</b>	<u>SFPS Meal Pattern</u> Must take at least 3 components and MILK For breakfast and at least 4 for lunch
26 Cinnamon Roll Juice and fruit Milk Chicken Tenders Green peas Rolls Milk Diced Peaches  <b>21<sup>st</sup> Century Camp Starts</b>	27 WG Donut Juice & fruit Milk Beef Nachos Lettuce & cheese Corn Oranges Milk	28 Muffins Juice & fruit Milk Hot Dog w/ Chili Baked Beans Apple Milk	29 Pop tarts Juice and fruit Milk WG Pizza Tossed salad Oranges Milk	30 Cereal & Muffin Juice & fruit Milk Peanut butter & Jelly Cheese Stick Baby Carrots Sliced Apples Milk  <b>Read to Achieve Ends</b>	<u>SFPS Meal Pattern</u> Must take at least 3 components and MILK For breakfast and at least 4 for lunch