

June

LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
Cherry Blossom Chicken Brown Rice Broccoli Spears Whole Grain Egg Roll Fruit Choice Milk Choice	Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice	Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Potato Wedge Fruit Choice Milk Choice	Chicken Pot Roast Mashed Potatoes with Gravy Mixed Vegetables Warm Apple Stick Fruit Choice Milk Choice	BBQ Beef Rib on a Whole Grain Roll Potato Smiles Vegetable Juice Fruit Choice Milk Choice
10	11	12	 <p>Baby carrots and low fat dip are offered every day!</p>	
All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice	Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Whole Grain Corn Muffin Fruit Choice Milk Choice	<p style="text-align: center;">Early Release</p> Whole Grain Personal Cheese Pizza Carrot Coins Fruit Choice Milk Choice		

sandwiches • salads • fruits • milk



Free Summer Meals!

Comidas de Verano Gratis

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

EHC! **USDA** **CSDE**

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT CTmeals TO 877877
www.CTSummerMeals.org

USDA IS AN EQUAL OPPORTUNITY PROVIDER

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain Roll
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, Whole Grain Crackers

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution