

SUMMER LUNCH



JUNE MENU

Lunch is served
11:00 a.m. – 11:45 p.m.

Monday-Friday
N-K Elementary Cafeteria

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese on Bun (2M, 1G) Shred. Lettuce (1/4 C) Baby Carrots (1/4 C), Applesauce (1/2) Chips, Milk	3 Uncrustable, (1M, 1G) Veggie Juice Box(1/2C) Cheese Stick (1M) Goldfish Crackers (1G) Pears(1/2) Milk	4 Lunchable (1M,1G) Cucumbers (1/4) Rice Krispie Treat, Mandarine Oranges(1/2) Milk	5 Ham & Cheese on Bun(2M,2G) Shred. Lettuce (1/4C) Cauliflower (1/4) Peaches (1/2) Cookie, Milk	6 Hotdog on Bun (2M,2G) Celery & Carrots (1/2C) Chips, Fruit Slushy (1/2C) Milk
9 Turkey & Cheese on Bun (2M, 1G) Shred. Lettuce (1/4 C) Baby Carrots (1/4 C) Applesauce (1/2) Chips Milk	10 Uncrustable, (1M, 1G) Veggie Juice Box(1/2C) Cheese Stick (1M) Goldfish Crackers (1G) Pears (1/2) Milk	11 Lunchable (2M,2G) Cucumbers (1/4) Mandarine Oranges(1/2) Rice Krispie Treat Milk	12 Ham & Cheese on Bun(2M,2G) Shred. Lettuce (1/4C) Cauliflower (1/4, Peaches (1/2))Cookie Milk	13 Hotdog on Bun (2M,2G) Celery & Carrots (1/2C) Fruit Slushy (1/2C) Chips Milk
16 Hamburger on bun (2M,1G) French Fries (1/2C) Tomato Slices (1/4C) Applesauce (1/2C) Milk	17 Pizza, (2M,1G) Corn (1/3C) Baby Carrots (1/4C) Pears (1/2C) Sherbet Milk	18 Cheesy Breadsticks (2M,2G)) with Meat Sauce(1M) Garlic Veggies(1/3C) Mandarine Oranges 1/2C Milk	19 Beef Nachos(2M1G) Broccoli (1/2C) Diced Tomatoes (1/8C) Shred. Lettuce (1/8C) Peaches (1/2C) Milk	20 Hot Dog on Bun (2M,2G) Beans(1/2C) Cucumbers (1/4) Fruit Slushy(1/2C) Cookie, Milk
23 Chicken Patty/Bun (2M, 2G) Veggie Juice(1/2C) Shred. Lettuce(1/4C) Peaches(1/2C) Milk	24 Pizza Crunchers, (2M,2G) Green Beans (1/3C) Baby Carrots 1/4C) Applesauce (1/2C) Milk	25 Chicken Nuggets (2M,1G) Broccoli (1/3C) Mac -N- Cheese (1/3C) Mandarine Oranges 1/2C Milk	26 Hot Ham & Cheese on Bun (2M,1G) Cauliflower (1/4C) Peaches (1/2C) Cookie Milk	27 Corn Dogs (2M,2G) French Fries (1/2C) Fruit Jello Cups (1/2C) Rice Krispie Treat, Milk
30 Hamburger on bun, (2M,1G) French Fries (1/2C) Tomato Slices (1/4C), Applesauce (1/2C) Milk	<p align="center">Celebrate Summer with food, fun, and friends!</p>			

All bread/buns are whole grain-rich only
All milk is 1% low-fat or fat-free

MENU SUBJECT TO CHANGE

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