



LUNCH MENU

JUNE 2022

V: Strictly vegetarian | M: Mixed elements (individual menu items cannot be separated)
GF: "Gluten-friendly" (our kitchen is not gluten-free certified)

MON

TUE

WED

THU

FRI

1
Chicken tenders,
tater tots,
seasonal fruit &
vegetable

2
Italian sausage sub
with peppers &
onions, seasonal
fruit

3
Cheese pizza,
seasonal fruit &
vegetable
V

6
Buttermilk
pancakes, yogurt,
blueberry
compote, bananas
V

7
Turkey & cheese
sandwich,
seasonal fruit &
vegetable

8
Chicken &
vegetable stir fry,
rice, seasonal fruit
M

9
Meatball sub,
seasonal fruit &
vegetable

10
Tortellini pasta
salad with ham,
cheese, &
vegetables,
seasonal fruit
M

13
Grilled cheese on
whole wheat,
seasonal fruit &
vegetable
V

14
BBQ chicken
thighs, roasted
potatoes, seasonal
fruit & vegetable
GF

15
Beef tacos,
lettuce, tomatoes,
corn, seasonal
fruit | GF
**LAST DAY OF
K-12 (no lunch)**

16
Sun Nut Butter and
banana on whole
wheat, seasonal
vegetable | V
**SUMMER BREAK
BEGINS**

17
Cheese pizza,
seasonal fruit &
vegetable
V

20
Cheese ravioli,
tomato sauce,
salad, seasonal
fruit
V

21
Teriyaki chicken
thighs, rice, Asian
vegetables,
seasonal fruit

22
Kielbasa, buttered
noodles, seasonal
fruit & vegetable

23
Pulled pork,
baked beans, roll,
seasonal fruit &
vegetable

24
Fish sticks, mashed
potatoes, seasonal
fruit & vegetable

27
Chicken patty on
a roll, seasonal
fruit & vegetable

28
Macaroni &
cheese, seasonal
fruit & vegetable
V

29
Ham & cheese
sandwich on
whole wheat,
seasonal fruit &
vegetable

30
Pasta with
meatballs,
seasonal fruit &
vegetable

