



**2022 SUMMER FEEDING**

**JUNE LUNCH MENU**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **6**  Spaghetti w/ Meatsauce 1 cup  Seasoned Corn ½ cup  Fresh Orange Halves ½ cup  Milk Variety, 8 oz | **7**  BBQ Burger, 2 oz  Potato Rounds ½ cup  Canned Fruit ½ cup  Milk Variety, 8 oz | **8**  Baked Chicken, 3 oz  Mashed Potatoes w/ Gravy ½ cup  Green Beans ½ cup  Fresh Roll, 1 oz  Milk Variety, 8 oz | **9**  Pepperoni Pizza 1 slice  Seasoned Corn ½ cup  Fresh Fruit, Variety ½ cup  Milk Variety, 8 oz | **10**  White Beans w/Sausage ⅔ cup  Steamed Rice ½ cup  Glazed Carrots ½ cup  Fresh Pear ½ cup  Milk Variety, 8 oz |
| **13**  Hamburger, 2 oz  Potato Rounds ½ cup  Fresh Apple Slices ½ cup  Milk Variety, 8 oz | **14**  Chicken Nuggets (5)  Macaroni & Cheese ⅔ cup  Glazed Carrots ½ cup  Fresh Strawberries ½ cup  Milk Variety, 8 oz | **15**  Smothered Chicken, 3 oz  Steamed Rice ½ cup  Seasoned Corn ½ cup  Fresh Orange Halves ½ cup  Milk Variety, 8 oz | **16**  Pork Roast, 2 oz  Mashed Potatoes ½ cup  Fresh Cantaloupe Slice ½ cup  Homemade Roll, 1 oz  Milk Variety, 8 oz | **17**  Chili w/ Cheese, 4 oz, ½ oz  Baked Potato ½ cup  Fresh Pear ½ cup  Crackers, 1 oz eq |
| **20**  Spaghetti w/Meatsauce 1 cup  Seasoned Corn ½ cup  Fresh Orange Halves ½ cup  Milk Variety, 8 oz | **21**  BBQ Pulled Pork Burger, 2 oz  Potato Rounds ½ cup  Cantaloupe Slice ½ cup  Milk Variety, 8 oz | **22**  Oven-Fried Chicken, 3 oz  Mashed Potatoes w/Gravy ½ cup  Green Beans ½ cup  Fresh Roll, 1 oz  Milk Variety, 8 oz | **23**  Hotdog w/Chili, 2 oz, ½ oz  Baked Beans ½ cup  Fresh Pear ½ cup  Milk Variety, 8 oz | **24**  White Beans w/Sausage ⅔ cup  Steamed Rice ½ cup  Sweet Potatoes ½ cup  Fresh Apple Slice ½ cup  Milk Variety, 8 oz |
| **27**  Cheeseburger, 2 oz  Potato Rounds ½ cup  Fresh Pear ½ cup  Milk Variety, 8 oz | **28**  Chicken Nuggets (5)  Macaroni & Cheese ⅔ cup  Glazed Carrots ½ cup  Fresh Strawberries ½ cup  Milk Variety, 8 oz | **29**  BBQ Chicken, 3 oz  Seasoned Rice ½ cup  Baked Beans ½ cup  Fresh Orange Halves ½ cup  Milk Variety, 8 oz | **30**  Pork Roast, 2 oz  Mashed Potatoes ½ cup  Fresh Apple Halves ½ cup  Homemade Roll, 1 oz  Milk Variety, 8 oz | **July 1**  Pepperoni Pizza 1 slice  Potato Rounds ½ cup  Fresh Fruit, Variety ½ cup  Milk Variety, 8 oz |
| **Milk Variety includes:** Skim White Milk, Skim Flavored Milk, 1% Low fat Milk | | | | |

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