

JUNE 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Italian Cheese & Garlic Cheesy Pull Aparts + Steamed Broccoli 100% Fruit Juice	2 Chicken Nuggets Pretzel Rod / BBQ Sauce Steamed Carrots Craisins	3 Meatball Pizza Sub Steamed Mixed Vegetables Fresh Fruit
6 Cheeseburger Ketchup French Fries / Ketchup Flavored Applesauce	7 Pizza Crunchers + Steamed Broccoli Fresh Fruit	8 Breaded Chicken Sandwich BBQ Sauce Steamed Carrots Craisins	9 Deep Dish Galaxy Cheese Pizza + Steamed Green Beans Fresh Fruit	10 Soft Tacos Taco Sauce Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice

SUMMERTIME CHALLENGES:

EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! Here are some flavorful suggestions...



MANGO, ORANGE JUICE, CARROT JUICE



STRAWBERRY, BEET, SPINACH, APPLE JUICE



PINEAPPLE, BANANA, COCONUT MILK, SPINACH

*DO NOT attempt to chop or blend without adult supervision.

HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies.



STRAWBERRY + KIWI + LIME



WATERMELON + CUCUMBER + MINT

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change



Please visit us at www.FSPro.com