


# JUNE 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> or <b>Fresh Apple &amp; Cheese Plate + / Goldfish Pretzels</b>  Steamed Broccoli 100% Fruit Juice	<b>2</b> <b>Chicken Nuggets</b> Pretzel Rod / BBQ Sauce or <b>Nacho Salad</b> Tostitos Scoops / Goldfish Crackers  Steamed Carrots Craisins	<b>3</b> <b>Meatball Pizza Sub</b> or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing  Steamed Mixed Vegetables Fresh Fruit
<b>6</b> <b>Cheeseburger</b> Ketchup or <b>Fresh Apple &amp; Cheese Plate + / Goldfish Pretzels</b>  French Fries / Ketchup Flavored Applesauce	<b>7</b> <b>Pizza Crunchers +</b> or <b>Strawberry Yogurt w/ Granola + / Scooby Doo Grahams</b>  Steamed Broccoli Fresh Fruit	<b>8</b> <b>Breaded Chicken Sandwich / BBQ Sauce</b> or <b>All-American Salad</b> Dinner Roll / French Dressing  Steamed Carrots Craisins	<b>9</b> <b>Deep Dish Galaxy Cheese Pizza +</b> or <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing  Steamed Green Beans Fresh Fruit	<b>10</b> <b>Soft Tacos</b> Taco Sauce or <b>Nacho Salad</b> Tostitos Scoops / Goldfish Crackers  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](http://www.FSPro.com)
- Menu items do not contain pork
- + Item does not contain meat

\*Menu Subject to Change\*

A/SSL



Please visit us at [www.FSPro.com](http://www.FSPro.com)