JUNE 2022 LUNCH

Monday	Tuesday	
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Italian Cheese & Garlic Cheesy Pull Aparts +

Wednesday

Fresh Apple & Cheese
Plate + / Goldfish Pretzels

Steamed Broccoli 100% Fruit Juice Chicken Nuggets Pretzel Rod / BBQ Sauce

Thursday

Nacho Salad

Tostitos Scoops / Goldfish Crackers

Steamed Carrots Craisins Meatball Pizza Sub

Friday

Popcorn Chicken Salad Breadstick / Ranch Dressing

Steamed Mixed Vegetables Fresh Fruit

Cheeseburger Ketchup

Fresh Apple & Cheese Plate + / Goldfish Pretzels

French Fries / Ketchup Flavored Applesauce Pizza Crunchers +

Strawberry Yogurt w/ Granola + / Scooby Doo Grahams

> Steamed Broccoli Fresh Fruit

Breaded Chicken Sandwich / BBQ Sauce

All-American Salad
Dinner Roll / French Dressing

Steamed Carrots Craisins Deep Dish Galaxy Cheese Pizza +

Chicken Caesar Salad

Dinner Roll / Caesar Dressing

Steamed Green Beans Fresh Fruit

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Soft Tacos Taco Sauce

or Nacho Salad

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







PINEAPPLE, BANANA, COCONUT MILK, SPINACH

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

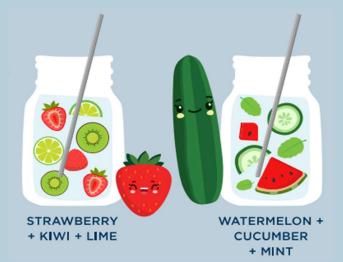
HYDRATING WITH INFUSED WATER

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





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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

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