


JUNE 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1 Cheese Sub + Mayonnaise Baby Carrots Grape Tomatoes 100% Fruit Juice Belly Bear Grahams	2 Chicken Ham & Cheese Sandwich Mustard Three Bean Salad Craisins Cheez-It Crackers	3 Italian Salad Breadstick Italian Dressing Bell Pepper Strips Fresh Fruit Animal Crackers
6 FUN PACK Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots Flavored Applesauce	7 Strawberry Banana Yogurt + Blueberry Muffin String Cheese Baby Carrots Grape Tomatoes Fresh Fruit	8 Turkey & Cheese Sub Mustard Three Bean Salad Craisins	9 Popcorn Chicken Salad Dinner Roll Ranch Dressing Fresh Celery Fresh Fruit Belly Bear Grahams	10 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Sweet Golden Corn Bell Pepper Strips 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

K-8 LEX



Please visit us at www.FSPro.com