

June 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Cacciatore Chicken 4oz Tomatoes Peppers, Onions 1 Cup Tomato Sauce ½ Cup Pasta 4oz Fruit 1 cup	2 Pizza Vegetables 1 Cup Fruit 1Cup
5 Hot Ham & Cheese Ham 3oz Cheese 1oz Vegetable 1 cup Fruit 1 cup Cookie WW	6 Mac & Cheese WW Pasta 6oz Cheese 3oz Vegetable 1 Cup Fruit 1 Cup	7 Burger Double Cheese Burger 4oz WW Roll 2oz Cheese 1oz Vegetable 1 Cup Fruit 1 Cup	8 Breakfast for Lunch French Toast Hash Brown Sausage Patti 2oz Fruit 1 Cup Syrup 2oz	9 Pizza Vegetables 1 Cup Fruit 1Cup
12 Fajita Chicken Tortilla 2oz Chicken 3oz Peppers, Onions 1 Cup Salsa 2oz Cheese 1oz Fruit 1 Cup	13 Pasta w/ Meat Sauce WW Pasta 6oz Beef 3oz Tomato Sauce 4oz Vegetable ¾ C Fruit 1 C	14 Teriyaki Bowl Chicken 3oz Rice ¾ Cup Broccoli, Onions 1 Cup Fruit 1 Cup	15 Fish Sandwich Fish 4oz WW Roll Cheese 1oz Salad Fruit 1 Cup	16 Pizza Vegetables 1 Cup Fruit 1Cup
19 Hot Dog WW Roll Vegetable 1C Fruit 1C 	20 Breakfast Only	21 Breakfast Only	22 SCHOOLS OUT FOR THE SUMMER 	23 

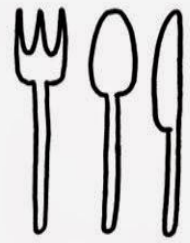
All meals are served with 1% or fat free flavored milk

USDA is an equal opportunity provider and employer

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com> for direction

Eat Green, Eat Healthy



THE

GREEN

BAR

DREAM-ORACLE

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
2oz Butter
½ oz. Jam
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 4oz.
Strawberries 1 cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Strawberry, Banana Smoothie

4oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
Whole Grain 2oz
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Sun Butter & Jelly Sandwich

Served with

Fruit

Vegetable

Turkey or Ham Wrap

Served with

Wrap

Cheese

Lettuce

Mustard/Mayo

Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit

String Cheese

Wheat Thins

Vegetable

Strawberry Parfait

Granola

Strawberries

Yogurt

String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability. Lunch meal \$3.05

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