



# What's on the Menu?



## Mill June Lunch Menu

Staff Price \$4.35

Monday	Wednesday	Thursday	Friday	
		Classic Cheese Pizza 1 cup of Garden Salad 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 	
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>				
Italian Beef Meatball Sub ½ Cup Oven Baked Crispy Waffle Fries 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	<b>Feeds</b> Cheeseburger or Turkey Hot Dog ½ Cup Steamed Corn on the Cobb ½ Cup Watermelon 
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>				
Philly Steak and Cheese Sandwich ½ Cup of Steamed Cheezy Broccoli 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	Pepperoni Pizza 1 Cup Caesar Salad 	Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
<b>Week 3: 1) Hot 2) Nacho Fun Lunch</b>				
<b>JUNETEENTH</b> 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 			
<b>Week 4: 1) Hot 2) Chicken Caesar Salad with Two Warm Dinner Rolls</b>				
<b>Fresh Fruit and Vegetable Bar (Available Daily)</b>				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit	



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRY, FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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