





JUNE 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce or Mini Blueberry Waffles + Cheese Cubes Tater Tots Ketchup Flavored Applesauce Milk	2 Deep Dish Galaxy Cheese Pizza + or Chili Cheese Burrito Green Beans Fresh Fruit Milk	3 Chicken Nuggets Breadstick & BBQ Sauce or Fish Patty Melt + Tartar Sauce Sweet Golden Corn Strawberry Craisins Milk	4 Nacho Combo Tostito's Scoops or Mini Corn Dogs Mustard Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk
	7 Cheeseburger Ketchup Tater Tots Ketchup Fresh Fruit Milk	8 Spaghetti with Meatballs Steamed Mixed Veggies Fresh Fruit Milk	9 Hot Diggity Dog Ketchup & Mustard French Fries Ketchup Fresh Fruit Milk	10 Beef & Cheese Tacos Taco Sauce Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk
14 Pizza Dippers + Pizza Dipping Sauce Green Beans Fresh Fruit Milk	15  Mini Corn Dogs & Pretzel Bites Cheese Sauce Tater Tots Ketchup Fresh Fruit Milk 	16 Popcorn Chicken Pretzel Rod & BBQ Sauce Baby Carrots Buttermilk Ranch Dressing Flavored Applesauce Milk	17 Deep Dish Galaxy Cheese Pizza + Tossed Salad Italian Dressing Fresh Fruit Milk 	18 Classic Hamburger Mustard French Fries Ketchup Craisins Milk

Fresh Fruit and Vegetables Month

Make half your plate fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

Fun with Fruit and Veggie Kabobs

A few tips to encourage children to eat fruits and vegetables include making food fun, offering healthy ingredients and letting children help prepare the food. One fun way to get children involved in the kitchen is by letting them create their own kabobs.

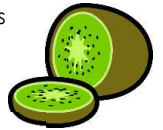


- There are a lot of different ways to make kabobs that include a variety of colors and food groups. Rainbow kabobs can be made with fruits and vegetables of varying colors. Create MyPlate kabobs using food from each of the five food groups like ham, cheese, cucumber, pineapple and bread. Try pizza kabobs using a piece of bread, cherry tomato, and a cheese cube.

- Dip fruit kabobs in yogurt or a fruit dip.

- Raw fruits and vegetables can be a choking hazard for children, so be sure to choose small, soft pieces for toddlers and young children.

- For safety reasons, consider using a small straw or a stir stick to assemble the kabob.



*Source: <https://food.unl.edu/food-calendar/june/fresh-fruit-and-vegetables-month>



Menu Subject to Change

▲ Contains no pork + Contains no meat

Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads and serve 100% fruit juice. Nutrition and allergen information available at www.FSPro.com

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