thetines refresh refuel relax.

June 2016 Lunch Menu A

04

Spaghetti & Meatballs Breadstick

Steamed Broccoli Fresh Cherry Tomatoes Fresh Fruit Breaded Chicken
Sandwich
BBO Sauce

Tater Tots / Ketchup Fresh Celery Sticks Peach Applesauce

05

Chicken Soft Tacos w/ Mexican Rice Taco Sauce

> Green Peas Carrot Coins Fresh Fruit

06

Mini Maple Waffles Poultry Sausage

Tater Tots / Ketchup Fresh Baby Carrots Peach Applesauce 07

Cheese Pizza+

Fresh Broccoli Sweet Golden Corn Fresh Fruit 08

Chicken Tenders
BBQ Sauce / Dinner Roil

BBQ Black Beans Fresh Cherry Tomatoes Fresh Fruit 09

Sweet & Sour Meatballs w/ Brown Rice

Green Peas
Tossed Salad / French
Dressing
Fresh Fruit

12

Beef Soft Tacos
Taco Sauce

Black Beans Fresh Chery Tornatoes Craisins 18

Pizza Dippers+ Marinara Sauce

Green Peas Fresh Baby Carrots Strawberry Applesauce 14

Cheeseburger Ketchup / Mustard

French Fries / Ketchup Fresh Broccoli Fresh Fruit 1

Rotini w/ Meat Sauce Dinner Roll

Sweet Golden Corn Tossed Salad / French Dressing Fresh Fruit 16

Chicken Sliders BBQ Sauce

> Green Peas Carrot Coins Fresh Fruit

Did you know...?

Menu Subject to Change

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk contains no artificial growth hormones or antibiotics.
- All Juice is 100% Fruit Juice
- Item Contains Pork
- + Item Does Not Contain Meat
- * Item Contains Fish
- Nutrition and Allergen Information Available at: http://www.fspro.com/nutrition.html

Health & Wellness Message Color My Pate: Farmer's Market:

When the weather gets warmer, many communities operate farmer's markets. A farmer's market is a place where local farmers sell fruits, vegetables, and other foods directly to consumers. It's a fun and inexpensive way to purchase fresh produce. It's also a great way to support the local economy. To find as farmer's market near you, visit the Department of Agriculture website.

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