



June 2019

Memorial School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<ul style="list-style-type: none"> • Chicken Nuggets • Battered French Fries Dinner Roll • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun 	<ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Italian Sub 	<ul style="list-style-type: none"> • French Bread Pizza • Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Turkey and Cheese Sandwich 	<ul style="list-style-type: none"> • Hamburger on a Bun • Battered French Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Crispy Chicken Salad 	<ul style="list-style-type: none"> • Leo's Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Breaded Chicken Patty on a Bun
10	11	12	13	14
<ul style="list-style-type: none"> • Popcorn Chicken • Dinner Roll • Vegetable Medley • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun 	<ul style="list-style-type: none"> • Pancakes • Tater Tots • Breakfast Sausage • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Italian Sub 	<ul style="list-style-type: none"> • Cheeseburger on a Bun • Crinkle Cut French Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Turkey and Cheese Sandwich 	<ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Vegetable Medley • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Crispy Chicken Salad 	<ul style="list-style-type: none"> • Flag Day! • Leo's Pizza • Vegetable Medley • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Breaded Chicken Patty on a Bun
17	18	19	20	21
24	25	26	27	28

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Harvest Market: Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Daily SWAP Outs: Peanut Butter and Jelly Sandwich, Bagel Bag w/ Yogurt & Cheese

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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