

YOU.

Menus for June 2019



Jefferson Elementary & Schalmont Middle

This institution is an equal opportunity provider. Menus



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise - a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 3

Entree

Popcorn Chicken w/Homemade Dipping Sauce & WG Dinner Roll

Side Dishes

Fresh Carrots w/ LF Ranch
Baked French Fries
Fresh & Canned Assorted Fruits

Tuesday, June 4

Entrees

2-Taco's w/Meat, Cheese, Lettuce, Salsa & Sour Cream or Pulled Pork on WG Roll

Side Dishes

Fresh Cucumbers w/ LF Ranch
Refried Beans
Fresh & Canned

Wednesday, June 5

Entrée

Bosco Sticks w/ Marinara Sauce

Side Dishes

Fresh Garden Salad w/ LF Italian Dressing & Tomato Wedges
Fresh & Canned Assorted Fruits
Assorted Milk

Thursday, June 6

Entrees

Chicken & Cheese Quesadilla w/ Salsa & Sour Cream or Meatball Sub w/ Cheese on WG Roll

Side Dishes

Fresh Broccoli w/ LF Ranch
Corn

Friday, June 7

Entrees

General Tso Chicken w/Brown Rice or Hot Dog on WG Roll

Side Dishes

Fresh Veggies w/ LF Ranch
Steamed Broccoli
Fresh & Canned Assorted Fruits

Available Dai-

Turkey or Ham on WG Bread with or without Cheese, Peanut Butter & Jelly Uncrustable, Chef Salad w/Ham, Turkey & Cheese (includes crutons & WG Roll)
Grab n' Go Bags
4 oz Yogurt, Cheese Stick, Combination of 2 (Goldfish, Graham Crackers or WG Roll)
Peanut Butter & Jelly Uncrustable w/ Cheese Stick and (1) WG Roll,

Monday, June 10

Entrée

Chicken Tenders w/Homemade Dipping Sauce & Goldfish Crackers

Side Dishes

Fresh Carrots w/ LF Ranch
Mashed Potatoes w/Gravy
Fresh & Canned Assorted Fruits

Tuesday, June 11

Entrees

French Toast Sticks w/Sausage & Syrup or BBQ Rib on WG Roll

Side Dishes

Fresh Cucumbers w/ LF Ranch
Tater Tots
Fresh & Canned Assorted Fruits

Wednesday, June 12

Entrée

Homemade Cheese Pizza

Side Dishes

Fresh Garden Salad w/ LF Italian Dressing & Tomato Wedges
Fresh & Canned Assorted Fruits

Thursday, June 13

Entrees

Chicken Patty on WG Roll or Fish Sticks w/ Homemade Tarter Sauce

Side Dishes

Fresh Broccoli w/ LF Ranch
Steamed Carrots
Fresh & Canned Assorted Fruits

Friday, June 14

Entrees

Mozzarella Sticks w/Marinara Sauce or Sloppy Joe on WG Roll

Side Dishes

Fresh Veggies w/ LF Ranch
Corn
Fresh & Canned Assorted Fruits

Father's Day June 16

Hang out with Dad!



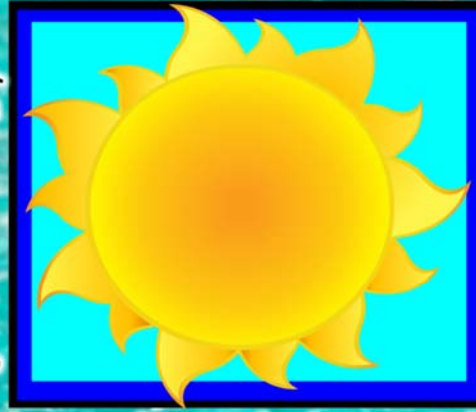


STRANGE BUT TRUE!

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT **WASN'T EVEN A BIRTHDAY SONG.** IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!

In the Northern Hemisphere (where

not get outside and enjoy it?!



we live), June 21 has the most

daylight of any day in the year. Why?



What's on YOUR plate?



Q: What kind of magic does it take to get PRUNES to grow on a PLUM tree?

A: To be honest, there's absolutely no magic involved at all! Prunes are actually just dried plums, so every plum tree grows plums AND prunes!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 17

Entrée
Chicken Nuggets w/Homemade Dipping Sauce & WG Dinner Roll

Side Dishes
Fresh Carrots w/ LF Ranch
Steamed Broccoli
Fresh & Canned Assorted Fruits
Assorted Milk

Tuesday, June 18

Entrees
Bosco Sticks w/ Marinara Sauce

Side Dishes
Fresh Cucumbers w/ LF Ranch
Green Beans
Fresh & Canned Assorted Fruits
Assorted Milk

Wednesday, June 19

Entrée
Pizza Day Chef's Choice

Side Dishes
Fresh Garden Salad w/ LF Italian Dressing & Tomato Wedges
Fresh & Canned Assorted Fruits
Assorted Milk

Thursday, June 20

Entrees
Chef's Choice Grades K-5
1/2 Day Grades 6-8

Friday, June 21

Entrees
Chef's Choice Grades k-5
1/2 day Grades 6-8

Monday, June 24

Breakfast Only

Tuesday, June 25

Breakfast Only

