

**Lakemary Spring/Summer MENU**  
**WEEK #3**

| Monday                                                                                                                               | Tuesday                                                                                            | Wednesday                                                                                                   | Thursday                                                                                                            | Friday                                                                                                      | Saturday                                                                                  | Sunday                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b><u>Breakfast</u></b><br>Mini Confetti Pancake<br>Sugar Free Syrup<br>Whole Grain Cereal<br>Fresh apple<br>Juice<br>Milk           | French toast sticks<br>Sugar Free Syrup<br>Fruit cocktail<br>Whole Grain Cereal<br>Juice<br>Milk   | Scrambled eggs<br>WG Blueberry Muffin<br>Fresh Orange<br>Whole Grain Cereal<br>Juice<br>Milk                | Scrumptious<br>Coffeecake<br>Rosy Applesauce<br>Whole Grain Cereal<br>Juice Choice<br>Milk Choice                   | Yogurt with Strawberry<br>bits and granola topping<br>Whole Grain Cereal<br>Juice Choice<br>Milk Choice     | Egg patty<br>Hashbrown<br>Banana<br>Whole Grain Cereal<br>Juice<br>Milk Choice            | Cinnamon Mini Bagel pull<br>apart<br>Peach Halves<br>Whole Grain Cereal<br>Juice<br>Milk Choice |
| <b><u>Lunch</u></b><br>Cowboy Cavatini<br>WG roll w/jelly<br>Seasoned corn<br>Salad<br>Dressing<br>Fresh Strawberries<br>Milk Choice | Pork Rib on bun<br>Leaf lettuce<br>Tomato<br>Sweet potato puffs<br>Fresh Watermelon<br>Milk Choice | Sloppy Joe on bun<br>Roasted red potatoes<br>Edamame<br>Fresh apple<br>Milk Choice                          | Chicken Nuggets<br>WG Roll w/jelly<br>Mash potato<br>Gravy<br>Salad<br>Dressing<br>Fresh pear<br>Milk Choice        | Mini Corndogs<br>Green beans<br>Tater tots<br>Ketchup<br>Summer Fruit Salad<br>Snickerdoodle<br>Milk Choice | Mini Meatball Sub<br>Red potato wedges<br>Salad<br>Dressing<br>Blueberries<br>Milk Choice | Cheese Pizza<br>Peas & Carrots<br>Orange<br>Raisins<br>Milk Choice                              |
| <b><u>Supper</u></b><br>Chicken Strips<br>w/ BBQ sauce<br>Green Beans<br>Sun Chips<br>Banana<br>Milk                                 | Breakfast pizza<br>Tri tater<br>Cherry tomatoes<br>Wango mango juice<br>Fruit cup<br>Milk          | <b>Cook's Choice</b><br> | Crispy Beef Taco<br>Shredded lettuce/<br>Tomato<br>Cheese, Salsa<br>Spanish Brown Rice<br>Pineapple Tidbits<br>Milk | Roast beef sandwich<br>Pasta Salad<br>Corn on the cob<br>Fruit Cocktail<br>Milk                             | Pizza Casserole<br>Mixed veggies<br>Garlic bread<br>Apple slices<br>Milk Choice           | Chil Cheese Coney<br>Fritos<br>Diced Pears<br>Baby Carrots<br>Hummus<br>Milk Choice             |

"This institution is an equal opportunity provider."

\*Menu subject to change