

# Lakemary Spring/Summer MENU

## WEEK #3

Fresh Fruit Offered as alternative at Lunch Meals

| Monday                                                                                                                                                | Tuesday                                                                                                                     | Wednesday                                                                                                             | Thursday                                                                                                                               | Friday                                                                                                                               | Saturday                                                                                                                    | Sunday                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Breakfast</u></b><br>Mini Maple Pancakes<br>SF Syrup Cup<br>Or Muffin/cheese<br>combo<br>Whole Grain Cereal<br>Fresh Apple<br>Juice<br>Milk     | French toast sticks<br>SF Syrup<br>Or Muffin/cheese<br>combo<br>Fresh Grapes<br>Whole Grain Cereal<br>Juice<br>Milk         | Scrambled eggs<br>Hashbrown Patty<br>Or Muffin/cheese<br>combo<br>Fresh Orange<br>Whole Grain Cereal<br>Juice<br>Milk | WG Cinnamon Roll<br>Or Muffin/cheese<br>combo<br>Rosy Applesauce<br>Whole Grain Cereal<br>Juice Choice<br>Milk Choice                  | Yogurt with Strawberry<br>bits and granola topping<br>Or Muffin/cheese<br>combo<br>Whole Grain Cereal<br>Juice Choice<br>Milk Choice | Egg patty<br>Hashbrown Patty<br>Or Muffin/cheese<br>combo<br>Mandarin Oranges<br>Whole Grain Cereal<br>Juice<br>Milk Choice | Cinnamon Mini Bagel pull<br>apart<br>Or Muffin/cheese combo<br>Banana<br>Whole Grain Cereal<br>Juice<br>Milk Choice                         |
| <b><u>Lunch</u></b><br>Cowboy Cavatini<br>WG roll w/jelly<br>Or Uncrustable bundle<br>Seasoned corn<br>Salad<br>Dressing<br>Fresh Pear<br>Milk Choice | Pork Rib on bun<br>Or<br>Turkey sandwich<br>Leaf lettuce<br>Tomato<br>Sweet potato puffs<br>Fresh Watermelon<br>Milk Choice | Sloppy Joe on bun<br>Or Uncrustable bundle<br>Roasted red potatoes<br>Edamame<br>Fresh Strawberries<br>Milk Choice    | Chicken Nuggets<br>WG Roll w/jelly<br>Or<br>Turkey sandwich<br>Mash potato<br>Gravy<br>Salad<br>Dressing<br>Pear Slices<br>Milk Choice | Mini Corndogs<br>Or Uncrustable bundle<br>Green beans<br>Tater Squares<br>Blackberries<br>WG Chocolate chip<br>Cookie<br>Milk Choice | Mini Meatball Sub<br>Or<br>Turkey sandwich<br>Potato Fry Loops<br>Salad<br>Dressing<br>Blueberries<br>Milk Choice           | Cheese Pizza<br>Or<br>Turkey sandwich<br>Broccoli w/ Mozzarella<br>cheese<br>Peach Slices<br>Annie's Bunny Graham<br>Friends<br>Milk Choice |
| <b><u>Supper</u></b><br>Cheeseburger<br>Potato Fry Loops<br>Raspberries<br>Cucumber Slices w/<br>ranch                                                | Walking Taco<br>Shredded lettuce/<br>Tomato<br>Cheese, Salsa<br>Spanish rice<br>Pineapple Tidbits<br>Milk                   | <b>Cook's Choice</b><br>           | Lemon Ricotta Pancake<br>w/ SF Syrup<br>Egg Patty<br>Hashbrown Patty<br>Wango mango juice<br>Diced Fruit Mix<br>Milk                   | Roast beef sandwich<br>Pasta Salad<br>Corn on the cob<br>Apple Slices<br>Milk                                                        | Beef & Cheese<br>Empanada w/ salsa<br>Fajita vegetable mix<br>Spanish Rice<br>Fruit Cocktail<br>Milk Choice                 | Chil Cheese Coney<br>Roasted Red Potatoes<br>Diced Pears<br>Baby Carrots<br>Hummus<br>Milk Choice                                           |

"This institution is an equal opportunity provider."

\*Menu subject to change