

Lakemary Spring/Summer MENU

WEEK #3

Fresh Fruit Offered as alternative at Lunch Meals

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

"This institution is an equal opportunity provider."

*Menu subject to change