



# JUNE

## Middle Schools Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

- Shepherd's Pie with Dinner Roll
- Chicken Tender with a Dinner Roll
- Chef Salad with Flat Bread **LG**
- Ham and Cheese Sandwich
- Cucumbers and Carrots, Bananas and Apples

4

- Crispy Orange Chicken with Broccoli over Rice
- Cheeseburger
- Pizza Platter
- Chicken Caesar Wrap
- Green Beans and Broccoli, Pears and Fresh Fruit Cup

5

- Cheese Pizza
- Chicken Ranch Salad with Flat Bread **LG**
- Ham and Cheese Sandwich
- Red Pepper Strips and Side Salad Apples and Bananas

6

- French Toast Stick and Chicken Sausage with Maple Syrup
- Cheeseburger
- Greek Salad with Chicken and Flat Bread **LG**
- Tuna Salad Sandwich on a Bulkie Roll
- Maple Carrots and Green Bean -Apple and Pears

7

- Beef Tacos
- Crispy Chicken Sandwich
- Yogurt and Fruit Power Pack **V**
- Turkey and Cheese Sandwich
- Kickin Beans and Side Salad Oranges and Apples

8

- Country Popcorn Chicken Bowl with Dinner Roll
- Pizza Crunchers
- Mediterranean Hummus Salad with Flat Bread **LG V**
- Tuna Salad Sandwich on a Bulkie Roll
- Cucumber and Carrots Bananas and Apples

9

- Szechwan Chicken with Brown Rice
- Chicken Tenders and Dinner Roll
- Fruit and Yogurt Power Pack **V**
- Turkey and Cheese Sandwich
- Green Bean and Broccoli Pears and Fresh Fruit Cup

10

- Cheese Pizza
- Greek Salad with Chicken and Flat Bread **LG**
- Tuna Salad Sandwich on a Bulkie Roll
- Red Pepper Strips and Side Salad Bananas and Apples

11

- Chicken and Waffle Sandwich with Maple Syrup
- Cheeseburger
- Mediterranean Hummus Salad with Flat Bread **LG V**
- Italian Sub
- Maple Carrots and Tater Tots Apples and Pears

12

- Beef Fajita Bowl
- Crispy Chicken Sandwich
- Bagel Power Pack **V**
- Ham and Cheese Sandwich
- Kickin Beans and Side Salad Oranges and Strawberries

13

- Mac and Cheese
- Chicken Tenders with Dinner Roll
- Chef Salad with Flat Bread **LG**
- Italian Sub
- Cucumber and Cole Slaw Bananas and Apples

14

- Chili Popcorn Chicken Lo Mein
- Meatball Sub
- HOTM: Chocolate Strawberry Platter V**
- Ham and Cheese Sandwich
- Green Beans & Broccoli, Strawberries and Fresh Fruit Cup

15

- Cheese Pizza
- Mediterranean Hummus Salad with Flat Bread **LG V**
- Italian Sub
- Cucumber and Carrots Bananas and Apples

16

**Juneteenth Day  
NO SCHOOL**

17

- Pizza Cruncher
- Turkey and Cheese Sandwich
- Broccoli and Carrots, Apples and Pears

SUMMER BREAK STARTS AT END OF DAY

18

19

20

21

22

23

24

25

**All kids 18 and under eat at no cost!**

\*All sandwiches, wraps & subs are whole grain

**Served Daily:** Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich  
**LG = Locally Grown!**  
**V = Vegetarian!**

Food & Nutrition Office: 978-674-2049

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Vegetarian Items available daily.

\*Menus are subject to change and will be posted when available

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