

June 2017

Freedom Eagles Cafe



School Information: LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh Fruit or Vegetables are available to all students daily.

USDA and this school are equal opportunity employers



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
*Good nutrition and healthy lifestyle choices for our students.
 Making a difference one bite at a time!*



Monday

Tuesday

Wednesday

Thursday

Friday



Alternates:
 May 30-June 2: Tuna Sandwich
 June 5-June 9: Egg Salad Sandwich
 June 12-June 15: Chicken Salad

1
 Grilled Cheese
 Tomato Soup
 Salad
 Fruit

2
Pizza Party
 WG Pepperoni Pizza
 Salad
 Fruit

5
 Fish Nuggets
 French Fries
 Carrots
 Fruit
 Ginger Bread
National Gingerbread Day!

6
 Enjoy your Day!

7
 Spaghetti & Meat sauce
 Green Beans
 Garlic Bread
 Fruit

8
 Baked Beans
 Corn Dogs
 Tomato & Cucumbers
 Fruit

9
 Enjoy your Day!

12
 Hamburgers
 Macaroni Salad
 Corn on the Cob
 Fruit

13
 Shepherd's Pie
 WG Dinner Roll
 Waxed Beans
 Fruit

14
 Enjoy your Day!

15
 Yogurt/Cereal Parfait Bar
 WG Bread
 Baby Carrots
 Fruit

16
 WG Cheese Pizza
 Veggie Sticks
 Fruit
Early Release
Last day of School

19

20

21

22

23

26

27

28
Enjoy Your Summer!

29

30