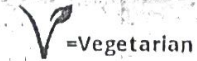







# St. Mary's Institute Elementary School Lunch June 2022



## Meals Are Free To All Students

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June is Dairy Month Fun Facts</b> <ul style="list-style-type: none"> <li>June Dairy Month was established in 1937</li> <li>The average dairy cow weighs about 1400 lbs.</li> <li>A cow eat 90-100 pounds of food and drinks about 35 gallons of water every day.</li> <li>A cow produces and average of 6.3 gallons of milk daily.</li> <li>US dairy farms prouduce roughly 21 billion gallons of milk annually.</li> <li>Americans eat more than 300,00 tons of yogurt per year.</li> </ul> 	<b>1 Taco Bar w/ The Works &amp; Ground Turkey</b> <ul style="list-style-type: none"> <li>Y Garden Salsa</li> <li>Maple Baked Beans</li> <li>Y Fresh Celery Sticks</li> <li>Y Rice Pilaf</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>2 Chicken &amp; Cheddar Quesadilla w/ Salsa</b> <ul style="list-style-type: none"> <li>Steamed Corn</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>3 Cheese Pizza</b> <ul style="list-style-type: none"> <li>Y Steamed Broccoli</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	
<b>6 Beef Nachos Supreme</b> <ul style="list-style-type: none"> <li>Y Garden Salsa</li> <li>Maple Baked Beans</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>7 Veggie Breaded Cheese Sticks</b> <ul style="list-style-type: none"> <li>Y Steamed Broccoli</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>8 Grilled Cheese Sandwich</b> <ul style="list-style-type: none"> <li>Creamy Tomato Soup</li> <li>Sprinkled w/ Cheddar</li> <li>Seasoned Green Beans</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>9 Oven Baked Chicken Nuggets</b> <ul style="list-style-type: none"> <li>BBQ Sauce</li> <li>Sweet Potato Fries</li> <li>Steamed Corn</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul> 	<b>10 Dress Your Own Burger on a Bun</b> <b>Dress Your Own All Beef Hot Dog</b> <ul style="list-style-type: none"> <li>Y Veggie Burger</li> <li>Garden Pasta Salad</li> <li>Y Tossed Garden Salad</li> <li>Fresh Watermelon</li> <li>Milk Variety</li> </ul> <p>Summertime Dessert End of Year BBQ</p>
<b>13 Spaghetti &amp; Meatballs</b> <ul style="list-style-type: none"> <li>Steamed Carrots</li> <li>Dinner Roll</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>14 Golden Crispy Chicken Tenders</b> <ul style="list-style-type: none"> <li>BBQ Sauce</li> <li>Oven Baked Crinkle Cut</li> <li>French Fries</li> <li>Roasted Chickpeas</li> <li>Dinner Roll</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>15 Meatball Sub (Beef &amp; Chicken Meatballs)</b> <ul style="list-style-type: none"> <li>Steamed Carrots</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>16 Dress Your Own Hot Dog</b> <ul style="list-style-type: none"> <li>Sweet Potato Fries</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>17 Cheese Pizza</b> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Y Steamed Broccoli</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>
<b>20 No School</b>	<b>21 Y French Toast Sticks</b> <ul style="list-style-type: none"> <li>Real Maple Syrup</li> <li>Oven Baked Crinkle Cut</li> <li>French Fries</li> <li>Y Fresh Green Pepper Strips</li> <li>Twin Turkey Sausage Pattys</li> <li>Y Fresh Celery Sticks</li> <li>Assorted Fresh Fruit</li> <li>Milk Variety</li> </ul>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<b>29</b> 	<b>30</b>	<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>

Adult Breakfast \$2.71 +tax  
 Adult Lunch \$5.02 +tax  
 Milk \$0.75

Please Click Links Below for Nutrition Information on Daily Options:

Pre-Made Deli Sandwichs, & Fruit & Yogurt Parfait w/Granola, Fresh Carrot & Celery Sticks  
 Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

[Deli Options Kab](#)

[Fruit & Yogurt Parfait w/Granola](#)

[Milk](#) [Condiments](#)

[Fresh, Dried Or Canned Fruit](#)

Pay for meals on-line.  
 Click Image Below



Harvest of the Month:  
 Asparagus



Click on the image above for more info on the Harvest of the Month!

This institution is an equal opportunity provider.