



June 2022: Lunch



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 Spaghetti & meatballs zucchini Fruit 1% Milk LF Chocolate Milk	31 Tacos Refried beans Fruit 1% Milk LF Chocolate Milk	01 Turkey Wrap Hummus Fruit 1% Milk LF Chocolate Milk	02 BBQ Chx Sand Baked beans 1% Milk LF Chocolate Milk	03 Pizza Carrots sticks Fruit 1% Milk LF Chocolate Milk	
	06 Spaghetti w/meatsauce broccoli Fruit 1% Milk LF Chocolate Milk	07 Chicken Nachos w/ black beans and corn fruit 1% Milk LF Chocolate Milk	08 Chx Pot Pie Peas & Carrots Fruit 1% Milk LF Chocolate Milk	09 Sloppy Joe Tater Tots Fruit 1% Milk LF Chocolate Milk	10 Pizza Romaine salad Fruit 1% Milk LF Chocolate Milk	
	13 Loaded Tater Tots Fruit 1% Milk LF Chocolate Milk	14 Walkin taco Tomato salsa fruit 1% Milk LF Chocolate Milk	15 Mac & Chz Fruit 1% Milk LF Chocolate Milk	16 Chef's Choice Fruit 1% Milk LF Chocolate Milk	17 Pizza Carrot Sticks Fruit 1% Milk LF Chocolate Milk	