

Summer Foods Menu
 Newell-Fonda school Commons Fonda City Park Shelter
 11:30- 12:15

◀ May 2018		June 2018					Jul 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Students 1-18 free Adults \$ 3.50			USDA is an equal opportunity provider and employer	1	2	
3	4 Hamburger - 2.10 oz. WW Bun - 3 oz Potato - 1/2 c Cauliflower - 1/2 c Carrots - 1/2 c Mandarin Oranges - 1/2 c Strawberries - 1/2 c Skim/Choc milk - 1 c	5 Pepperoni Pizza. -4.48 oz Lettuce salad - 1/2 c Carrots - 1/2 c Broccoli -1/2 c Grapes - 1/2 c Peaches - 1/2 c Skim/Choc milk -1 c	6 Mini Corn Dogs 5 =4 oz Green Beans - 1/2 c Pasta salad - 1/2 c. Carrots - 1/2 c. Pears -1/2 c Cantaloupe -1/2 c Skim/Choc milk -1 c	7 Hot Ham & Cheese/WW Bun- 3/3 oz Green Beans- 1/2 c Carrots -1/2 c. Broccoli -1/2 c Applesauce -1/2 c Grapes -1/2 c Skim/Choc milk	8 Chicken Nuggets -5 Broccoli w/cheese -1/2 c Celery -1/2 c. Cauliflower -1/2 c Watermelon -1/2 c Cantaloupe -1/2 c Skim/Choc milk -1 c	9	
10	11 Spaghetti w/Meatsauce -1/2 c Breadstick -1 Lettuce -1/2 c. Broccoli -1/2 c Peaches -1/2 c Grapes -1/2 c Skim/Choc milk -1c	12 Chicken Patty - 3 oz. WW Bun -3 oz Mixed Vegetables - 1/2 c Cucumbers -1/2 c. Carrots -1/2 c Cantaloupe -1/2 c Applesauce -1/2 c Skim/Choc milk	13 Tortilla -1. Taco meat - 3 oz Corn -1/2 c Lettuce/Tomato/olives-1/2 c Carrots -1/2 c. Celery -1/2 c Watermelon -1/2 c Peaches -1/2 c Skim/Choc milk -1c	14 Italian Chicken patty -3 oz.WW Bun -3 oz Peas -1/2 c Broccoli -1/2 c Cauliflower -1/2 c Pears -1/2 c Strawberries -1/2 c Skim/Choc milk -1 c	15 Hot Dog -1 = 2 oz. WW Bun -2 oz Green Beans - 1/2 c Cucumbers -1/2 c. Coleslaw -1/2 c Applesauce -1/2 c Fresh fruit -1/2 c Skim/Choc milk -1 c	16	
17	18 Chicken Strips -3 =3 oz Carrots - 1/2 c B&B - 1sli/1 t Tomatoes -1/2 c. Carrots -1/2 c Orange slices -1/2 c Skim/Choc milk -1 c	19 Maid-rite 1/2 c =3 oz. WW Bun - 3 oz Potato salad - 1/2 c Broccoli -1/2 c. Cauliflower -1/2 c Grapes -1/2 c Applesauce -1/2 c Skim/Choc milk -1 c	20 Pizza Casserole -1/2 c Garlic bread -1 Lettuce -1/2 c Broccoli -1/2 c. Carrots -1/2 c Pears -1/2 c Watermelon -1/2 c Skim/Choc milk -1 c	21 Sub Sandwich 3 oz/3 oz Baked chips - 1 oz Pasta salad -1/2 c Peppers -1/2 c. Cucumbers -1/2 c Cantaloupe -1/2 c Pears -1/2 c Skim/Choc milk -1 c	22 Mr. Rib - 3 oz. WW Bun -3 oz Mixed Vegetables -1/2 c Broccoli -1/2 c. Carrots -1/2 c Applesauce -1/2 c Fresh fruit -1/2 c Skim/Choc milk -1 c	23	
24	25 Hamburger -2.10 oz. WW Bun -3 oz Potato -1/2 c Cauliflower -1/2 c. Carrots -1/2 c Mandarin Oranges -1/2 c Strawberries -1/2 c Skim/Choc milk -1 c	26 Pepperoni Pizza - 4.48 oz Lettuce salad -1/2 c Carrots - 1/2 c. Broccoli - 1/2 c Grapes -1/2 c Peaches -1/2 c Skim/Choc milk -1 c	27 Mini Corn Dogs 5 =4 oz Green beans -1/2 c Pasta salad-1/2 cCarrots-1/2 c Pears -1/2 c Cantelope -1/2 c Skim/Choc milk -1 c	28 Hot Ham & Cheese/WW Bun -3/3oz Green beans -1/2 c Carrots -1/2 c. Broccoli - 1/2 c Applesauce -1/2 c Grapes -1/2 c Skim/Choc milk -1 c	29 Chicken Nuggets -5. Broccoli/Cheese -1/2 c Celery -1/2 c. Cauliflower -1/2 c Watermelon -1/2 c Cantaloupe -1/2 c Skim/Choc milk - 1c	30	

