

# June 2017

## CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS



**School Information: Lunch Price: \$2.25**

**Menu Subject to change**

"USDA is an equal opportunity provider and employer"



**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.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



#### ALTERNATE LUNCHES

**Week 1:** Grilled Cheese  
**Week 2:** Steak & Cheese  
**Week 3:** Hamburger  
**Week 4:** Turkey & Cheese Sandwich

Sloppy Joe on a Roll **1**  
Sweet Potatoes  
Baked Beans  
Chilled Peaches

Cheese & Pepperoni Pizz **2**  
Broccoli w/Nacho Cheese Sauce  
Farm Fresh Fruit

Hamburger on a WW Roll **5**  
Oven Baked French Fries  
Green Beans  
Cup of Fruit

Breakfast for Lunch **6**  
French Toast w/Syrup  
Sweet Potatoes  
Ham, Sausage Patty or Bacon  
Strawberries Or Blueberries

Ziti, Chicken and Broccoli Alfredo **7**  
Garlic Bread  
Corn  
Farm Fresh Fruit

Shepherd's Pie w/Potato **8**  
Hamburg, Corn & Gravy  
Dinner Roll  
Cup of Fruit

Mozzarella Sticks **9**  
Oven Roasted Potatoes  
Spinach w/Dressing  
Apple Crisp

Hot Dog on a WW Roll **12**  
w/Chili & Cheese  
Seasoned Fries  
Peppers & Onions  
Applesauce Cup

Chicken Nuggets w/BBQ Sauce **13**  
Seasoned Noodles  
Sweet Peas  
Assorted Fruit

Chicken Scampi w/Spaghetti **14**  
Garlic Bread  
Corn  
Cup of Strawberries

Chicken Rice Soup **15**  
Toasted Ham & Cheese  
Sandwich, Cape Cod Chips  
Seasoned Carrots  
Assorted Fruit

Stuffed Crust Pizza **16**  
Three Bean Salad  
Blueberry Crisp

Breakfast for Lunch **19**  
French Toast w/Syrup  
Hashbrowns, Ham, Sausage Patty or Bacon  
Strawberries or Blueberries

General Tso's Chicken **20**  
Seasoned Rice  
Mixed Veggies  
Peach Cup

Spaghetti w/Meat Sauce **21**  
Garlic Bread  
Green Beans  
Assorted Fruit

Chicken Patty on a WW Roll **22**  
Seasoned Noodles  
Three Bean Salad  
Assorted Fruit

**23**  
Last day of School  
No Lunches Served



# HAVE A WONDERFUL AND SAFE SUMMER!!