

# SUMMER LUNCH



## JUNE MENU

Lunch is served  
11:00 a.m. – 11:45 a.m.

Monday-Friday  
First Lutheran Church

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Uncrustable, (1M, 1G) Veggie Juice Box(1/2C) Cheese Stick (1M) Goldfish Crackers (1G) Pears(1/2) Milk	<b>2</b> Chicken Strips (2M,1G) Broccoli (1/3C) Mac -N- Cheese (1/3C) Manderine Oranges 1/2C Milk	<b>3</b> Hamburger on bun (2M,1G) French Fries (1/2C) Tomato Slices (1/4C) Applesauce (1/2C) Milk	<b>4</b> Ham & Turkey on bun (2M,2G) Shred. Lettuce (1/4C) Cauliflower (1/4) Peaches (1/2) Cookie, Milk	<b>5</b> Hotdog on Bun (2M,2G) Celery & Carrots (1/2C) Chips, Fruit Slushy (1/2C) Milk
<b>8</b> Hamburger on bun (2M,1G) French Fries (1/2C) Tomato Slices (1/4C) Applesauce (1/2C) Milk	<b>9</b> Pizza, (2M,1G) Corn (1/3C) Baby Carrots (1/4C) Pears (1/2C) Cookie Milk	<b>10</b> Chicken Strips (2M,1G) Broccoli (1/3C) Mac -N- Cheese (1/3C) Manderine Oranges 1/2C Milk	<b>11</b> Beef Nachos(2M1G) Cali Blend Veggies (1/2C) Diced Tomatoes (1/8C) Shred. Lettuce (1/8C) Peaches (1/2C) Milk	<b>12</b> Hotdog on Bun (2M,2G) Beans (1/2C) Fruit Slushy (1/2C) Chips Milk
<b>15</b> Chicken Patty/Bun (2M, 2G) Veggie Juice(1/2C) Shred. Lettuce(1/4C) Peaches(1/2C) Milk	<b>16</b> Pizza Crunchers, (2M,2G) Green Beans (1/3C) Baby Carrots 1/4C) Applesauce (1/2C) Milk	<b>17</b> Crisпитos (2M,2G)) Corn(1/3C) Manderine Oranges (1/2C) Milk	<b>18</b> Ham & Turkey on bun (2M,2G) Shred. Lettuce (1/4C) Cauliflower (1/4) Fruit Gel (1/2) Cookie, Milk	<b>19</b> Cheesy Breadsticks (2M,2G) Meatsauce(1/2C) Garlic Veggies (1/4) Fruit Slushy(1/2C) Milk
<b>22</b> Hamburger on bun (2M,1G) French Fries (1/2C) Tomato Slices (1/4C) Applesauce (1/2C) Milk	<b>23</b> Pizza, (2M,1G) Corn (1/3C) Baby Carrots (1/4C) Pears (1/2C) Cookie Milk	<b>24</b> Chicken Strips (2M,1G) Broccoli (1/3C) Mac -N- Cheese (1/3C) Manderine Oranges 1/2C Milk	<b>25</b> Beef Nachos(2M1G) Cali Blend Veggies (1/2C) Diced Tomatoes (1/8C) Shred. Lettuce (1/8C) Peaches (1/2C) Milk	<b>26</b> Hotdog on Bun (2M,2G) Beans(1/2C) Chips Fruit Slushy (1/2C) Milk
<b>29</b> Chicken Patty/Bun (2M, 2G) Veggie Juice(1/2C) Shred. Lettuce(1/4C) Peaches(1/2C) Milk	<b>30</b> Pizza Crunchers, (2M,2G) Green Beans (1/3C) Baby Carrots 1/4C) Applesauce (1/2C) Milk	<b>Celebrate Summer                      with food, fun, and friends!                      Free Lunch ages 1-18                      First Lutheran Church</b>		

All bread/buns are whole grain-rich only  
All milk is 1% low-fat or fat-free

**MENU SUBJECT TO CHANGE**

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SUMMER LUNCH



**JULY MENU**

Lunch is served  
11:00 a.m. – 11:45 a.m.

Monday-Friday  
First Lutheran Church

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Crisпитos (2M,2G) Corn (1/3C) Shred. Lettuce (1/4C) Manderine Oranges(1/2C) Milk	<b>2</b> Ham & Turkey/Bun (2M1G) Shredded Lettuce(1/4C) Sliced Tomatoes (1/8C) Cauliflower (1/4C) Pears (1/2C) Cookie Milk	<b>3</b> Cheesy Breadsticks (2M,2G) with Meat Sauce(1M) Garlic Veggies(1/3C) Fruit Gels (1/2C) Milk
<b>6</b> Hamburger on bun, (2M,1G) French Fries (1/2C) Tomato Slices (1/4C) Applesauce 1/2C) Milk	<b>7</b> Pizza (2M,1G) Corn (1/3C) Baby Carrots (1/4C) Pears (1/2C) Cookie Milk	<b>8</b> Chicken Strips (2M,1G) Broccoli (1/3C) Mac-N-Cheese(1/3C) Manderine Oranges (1/2C) Milk	<b>9</b> Beef Nachos (2M1G) Cali Blend Veggies (1/3C) Diced Tomatoes (1/8C) Shred. Lettuce (1/8C) Peaches (1/2C)	<b>10</b> Hot Dog on Bun (2M,2G) Beans(1/2C) Fruit Slushy(1/2C) Chips, Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>

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