


# June 2019 Summer Program Menu

<p>The <b>Garden Bar</b> may offer <b>Fresh Broccoli, Cauliflower, Carrots, Tomatoes, Romaine Lettuce, Lentils &amp; Legumes, Apples, Sliced Oranges, Grapes, and, Bananas</b> weekly. Other fruits and vegetables not listed may be offered throughout the week.</p> 	<p>Lunch Components &amp; Colors 6&amp;7 are combinations of components  <b>1 Meat/Meat Alt</b>  <b>2 Grain</b>  <b>3 Vegetable</b>  <b>4 Fruit</b>  <b>5 Milk</b>  <b>6 Meat/Grain Combo</b>  <b>7 Meat/Grain/Veggie or Fruit Combo</b></p> <p>Fruit, Vegetables, &amp; Milk served with every meal.</p>	<p>Take a minimum 3 of the 5 components offered; one of the 3 components must be a fruit or a vegetable serving to make a complete meal.</p>	<p><b>Menu subject to change without notice.</b></p>	<p>Due to product changes, ingredient lists may not be 100% accurate. Due to product unavailability, menu substitutions may be made from time to time. To verify menu substitutions for your school, please contact the food service office. Please be aware that some food items served on the Tomah Area Schools menu may have been manufactured in a facility, or on shared equipment with other peanut or tree nut products.</p>	<p><b>Breakfast Meal Prices:</b>          18 Years and Younger – Free          Adults - \$2.00</p> <p><b>Lunch Meal Prices:</b>          18 Years and Younger – Free          Adults - \$3.00</p>
<p>3 REGULAR SCHOOL YEAR</p>	<p>4 REGULAR SCHOOL YEAR</p>	<p>5 REGULAR SCHOOL YEAR</p>	<p>6 REGULAR SCHOOL YEAR</p>	<p>7 LAST DAY OF REG SCHOOL</p>	
<p>USDA is an equal opportunity provider and employer</p>					
<p><b>10</b>  <u>Breakfast</u>  <b>Banana Bread and Yogurt</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Chicken Nuggets</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>11</b>  <u>Breakfast</u>  <b>Egg &amp; Cheese Sandwich</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Cheese Pizza</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>12</b>  <u>Breakfast</u>  <b>Scrambled Eggs and Muffin</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Build Your Own Sub Sandwich</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>13</b>  <u>Breakfast</u>  <b>French Toast Sticks and Yogurt</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Bosco Cheesy Bread Sticks</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>14</b>  <u>Breakfast</u>  <b>Hard Boil Egg and Cereal</b>  <b>Strawberry Yogurt Parfait</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Mandarin Chicken w/ Brown Rice</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	
<p><b>17</b>  <u>Breakfast</u>  <b>Breakfast Wrap</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Chicken Tenders</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>18</b>  <u>Breakfast</u>  <b>Chicken and Waffles</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Cheesy French Bread with Marinara</b>  <b>Dipping Sauce</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>19</b>  <u>Breakfast</u>  <b>Breakfast Pizza</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Walking Tacos</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>20</b>  <u>Breakfast</u>  <b>Sausage &amp; Cheese Biscuit</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Creamy Macaroni and Cheese</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>21</b>  <u>Breakfast</u>  <b>Pancakes and Yogurt</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Beef Burrito</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	
<p><b>24 FIRST DAY SUMMER SCHOOL</b>  <u>Breakfast</u>  <b>Whole Grain Breakfast Rings W Yogurt</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Popcorn Chicken</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>25</b>  <u>Breakfast</u>  <b>Egg &amp; Cheese Sandwich</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Pepperoni Pizza</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>26</b>  <u>Breakfast</u>  <b>Scrambled Eggs and Muffin</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Cheeseburgers or Hamburger</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>27</b>  <u>Breakfast</u>  <b>French Toast Sticks and Yogurt</b>  <b>Yogurt and Cereal</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Crispy Chicken Patty Sandwich</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	<p><b>28</b>  <u>Breakfast</u>  <b>Bosco Apple Sticks and Yogurt</b>  <b>Strawberry Yogurt Parfait</b>  <b>Fruit &amp; Milk</b></p> <p><u>Lunch</u>  <b>Meatball Marinara over Penne</b>  <b>Pasta with Garlic Breadstick</b>  <b>Fruit, Veggies, &amp; Milk</b></p>	
		<p><u>JOKE:</u> Where do fish keep their money?</p> <p>Answer: The River Bank!</p>			