


June 2019 4k Summer Program Menu

<p>The Garden Bar may offer Fresh Broccoli, Cauliflower, Carrots, Tomatoes, Romaine Lettuce, Lentils & Legumes, Apples, Sliced Oranges, Grapes, and, Bananas weekly. Other fruits and vegetables not listed may be offered throughout the week.</p> 	<p>Lunch Components & Colors 6&7 are combinations of components 1 Meat/Meat Alt 2 Grain 3 Vegetable 4 Fruit 5 Milk 6 Meat/Grain Combo 7 Meat/Grain/Veggie or Fruit Combo</p> <p>Fruit, Vegetables, & 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>Menu subject to change without notice.</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>Breakfast Meal Prices: 18 Years and Younger – Free Adults - \$2.00</p> <p>Lunch Meal Prices: 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>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	
<p>24 FIRST DAY SUMMER SCHOOL Breakfast Whole Grain Breakfast Rings W Yogurt Fruit & Milk</p> <p>Lunch Popcorn Chicken Fruit, Veggies, & Milk</p>	<p>25 Breakfast Yogurt and Cereal Fruit & Milk</p> <p>Lunch Pepperoni Pizza Fruit, Veggies, & Milk</p>	<p>26 Breakfast Scrambled Eggs and Muffin Fruit & Milk</p> <p>Lunch Cheeseburgers or Hamburger Fruit, Veggies, & Milk</p>	<p>27 Breakfast French Toast Sticks and Yogurt Fruit & Milk</p> <p>Lunch Crispy Chicken Patty Sandwich Fruit, Veggies, & Milk</p>	<p>28</p>	
		<p>JOKE: Where do fish keep their money?</p> <p>Answer: The River Bank!</p>			