



Ernest P Barka Elementary School Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.

MENUS FOR JUNE 2017

Thursday, June 1

Entrée Choices

Sausage Egg Cheese/Muffin
Deli Turkey on wg Roll
Luncheon Salad
All Meals w/wg Crackers

Side Choices

Broccoli, Grape Tomatoes
Hashbrown Patty, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Friday, June 2

Entrée Choices

Paisano's Pizza
Chef's Choice
Luncheon Salad
All Meals w/wg Crackers

Side Choices

Sweet Potato Puffs
Cucumbers, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, June 5

Entrée Choices

Chicken Tenders
Chef's Choice
Luncheon Salad
All Meals w/wg Crackers

Side Choices

Sweet Potato Fries, Corn
Carrot Stix, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Tuesday, June 6

Entrée Choices

Cheeseburger/Bun
Chef's Choice
Luncheon Salad
All Meals w/wg Crackers

Side Choices

Peas, Celery & Carrot Stix
Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Wednesday, June 7

Entrée Choices

Mozz Cheese Stix/Sauce
Chef's Choice
Luncheon Salad
All Meals w/wg Crackers

Side Choices

French Fries, Green Beans,
Grape Tomatoes, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk



**SUNDAY
JUNE 18,
2017**

**FATHER'S
DAY**

Thursday, June 8

Entrée Choices

Beef/Cheese CrunchyTaco
w/Lettuce Tomato Salsa
Chef's Choice
Luncheon Salad
All Meals w/wg Crackers

Side Choices

Broccoli, Brown Rice, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Friday, June 9

Entrée Choices

Cheese or 'Roni Pizza Slice
Chef's Choice
Luncheon Fruit Salad
w/Graham Crackers & Yogurt
All Meals w/wg Crackers

Side Choices

Salad, Cukes, Carrots
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Monday, June 12

Entrée Choices

Chicken Nuggets
Chef's Choice
Chef's Choice
All Meals w/wg Crackers

Side Choices

Chef's Choice Veggies, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Tuesday, June 13

Entrée Choices

School Wide Cookout
Hamburgers or Hot Dogs

Side Choices

Potato or Nacho Chips
Watermelon, Juice
Water

Choice of Milk

Wednesday, June 14

Entrée Choices

Hot Dog/Roll
Chef's Choice
Chef's Choice
All Meals w/wg Crackers

Side Choices

Chef's Choice Veggies, Salad
Fruit: Fresh Whole + Cut-Up
and Canned-in-juice, Juice

Choice of Milk

Thursday, June 15

Entrée Choices

French Toast Stix/Sausage
Chef's Choice
Chef's Choice
All Meals w/wg Crackers

Side Choices

Chef's Choice Veggies
Chef's Choice Fruits, Juice

Choice of Milk

Friday, June 16

Entrée Choices

French Bread Pizza
Chef's Choice
Chef's Choice
All Meals w/wg Crackers

Side Choices

Chef's Choice Veggies
Chef's Choice Fruits, Juice

Choice of Milk

Monday, June 19

Entrée Choices

Paisano's Pizza
Chef's Choice
Chef's Choice
All Meals w/wg Crackers

Side Choices

Chef's Choice Veggies
Chef's Choice Fruits, Juice

Choice of Milk

