



**West  
Running  
Brook  
Middle  
School Child  
Nutrition  
Program**

**MENUS FOR JUNE 2017**

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

**Thursday, June 1**

**Entrée Choices**

Sausage Egg Cheese/Muffin  
Chef's Choice  
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**

Stuffed Crust 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  
with 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**

School Wide Barbeque  
Hamburger or Hotdog/Buns  
**Side Choices**  
Potato or Nacho Chips  
Watermelon, Juice,  
Water  
Ice Cream  
\*\*\*\*\*

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**

Meatball Sub  
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

**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**

Chicken Patty/Bun  
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

