

# JUNE 2024

## LUNCH



**Nutrition Tip:** Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Hotdog on WG Bun  
Baked Beans  
Pineapple Tidbits  
Milk

3

WG Chicken Nuggets  
Corn  
Fruit Cocktail  
Milk

4

Hamburger on Bun  
Baked Fries  
Peaches  
Milk

5

Corn Dog Nuggets  
Diced Carrots  
Grapes  
Milk

6

Turkey & Cheese  
or PBJ Sandwich  
Celery Sticks  
Apple Slices, Milk

7

Hamburger on Bun  
Baked Fries  
Apple Sauce  
Milk

10

Fish Nuggets  
Corn  
Grapes  
Milk

11

Hotdog on WG Bun  
Baked Beans  
Sliced Apples  
Milk

12

WG Chicken Nuggets  
Baked Fries  
Pineapple Tidbits  
Milk

13

PBJ Sandwich  
or Turkey & Cheese  
Sliced Cucumbers  
Apple Slices, Milk

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