

JUNE 2023

MCS SUMMER LUNCH

LUNCH

LUNCH SERVED AT **MES – MONDAY THRU FRIDAY**

11:30 – 12:15

LUNCH SERVED AT **MJSH – MONDAY THRU THURSDAY**

11:30 – 12:15

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



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



Personal Cheese Pizza or
PBj Combo or Chef Salad made
With Local Produce
Green Beans
Applesauce Cup
Milk

5

Walking Taco or
PBj Combo or Chef Salad made
With Local Produce
Snack Peppers & Ranch
Slushy Peach Cup
Milk

6

Popcorn Chicken or
PBj Combo or Chef
Salad made with Local Produce
Baby Carrots & Ranch
Slushy Strawberry Cup
Milk

7

Steakburger or
Cheeseburger on a Bun or
PBj Combo or Chef Salad made
with Local Produce
Chips & Salsa
Fruit Icee Milk

1

Sack Lunch At **MES Only** –
**No Lunch served at the
High School**

2

Personal Cheese Pizza or
PBj Combo or Chef Salad made
With Local Produce
Green Beans
Applesauce Cup
Milk

12

Walking Taco or
PBj Combo or Chef Salad made
With Local Produce
Snack Peppers & Ranch
Slushy Peach Cup
Milk

13

Flag Day
Popcorn Chicken or
PBj Combo or Chef Salad made
with Local Produce
Baby Carrots & Ranch
Slushy Strawberry Cup
Milk

14

Steakburger or
Cheeseburger on a Bun
or PBj Combo or Chef Salad made
with Local Produce
Chips & Salsa
Fruit Icee Milk

15

Sack Lunch At **MES Only** –
**No Lunch served at the
High School**

16

Personal Cheese Pizza or
PBj Combo or Chef
Salad made With Local Produce
Green Beans
Applesauce Cup
Milk

19

Walking Taco or
PBj Combo or Chef Salad made
With Local Produce
Snack Peppers & Ranch
Slushy Peach Cup
Milk

20

National Smoothie Day
Popcorn Chicken or
PBj Combo or Chef Salad made
with Local Produce
Baby Carrots & Ranch
Slushy Strawberry Cup Milk

21

Steakburger or
Cheeseburger on a Bun
or PBj Combo or Chef Salad made
with Local Produce
Chips & Salsa
Fruit Icee Milk

22

Sack Lunch At **MES Only** –
**No Lunch served at the
High School**

23

Personal Cheese Pizza or
PBj Combo or Chef
Salad made With Local Produce
Green Beans
Applesauce Cup
Milk

26

Walking Taco or
PBj Combo or Chef
Salad made With Local Produce
Snack Peppers & Ranch
Slushy Peach Cup
Milk

27

Popcorn Chicken or
PBj Combo or Chef
Salad made with Local Produce
Baby Carrots & Ranch
Slushy Strawberry Cup
Milk

28

Steakburger or
Cheeseburger on a Bun
or PBj Combo or Chef Salad made
with Local Produce
Chips & Salsa
Fruit Icee Milk

29

NO LUNCH SERVED

30