















What's on the Menu?



Center for Autism June Lunch Menu

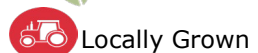
Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Parmesan Sandwich ½ Cup Tater Tots</p> 	<p>3</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>4</p> <p>Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>5</p> <p>Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>6</p> <p>Classic Cheeseburger ½ Cup Corn on the Cob</p> 
Week 1 :1) Hot 2) Ham and Cheese Sandwich 1 cup of fruit or 1 cup of vegetable				
<p>9</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>10</p> <p>Cheese Quesadilla ½ Cup Refried Beans Salsa and Sour Cream</p> 	<p>11</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll</p> 	<p>12</p> <p>Classic Cheese Pizza 1 Cup Caesar Salad</p> 	<p>13</p> <p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries</p> 
Week 2 1) Hot 2) Buffalo Chicken Wrap Lunch includes 1 cup of fruit or 1 cup of vegetable				
<p>16</p> <p>Classic Cheeseburger ½ Cup Tater Tots</p> 	<p>17</p> 	<p>18</p>	<p>19</p>	<p>20</p>
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>				
Fresh Fruit and Vegetable Bar (Available Daily)				
<p>Fresh Sliced Cucumber</p> <p>Fresh Baby Carrots</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Pepper Strips</p> <p>Fresh Grape Tomatoes</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Caesar Salad</p> <p>German Potato Salad</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Broccoli</p> <p>Fresh Garbanzo Beans</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Green Peas</p> <p>Fresh Celery Sticks</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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