

Arkansas School for the Blind and Visually Impaired Lunch Menu for Grades 9-12--June 2019

Students must take 1/2 cup of fruit or 1/2 cup of vegetable plus two other items. The USDA and the Arkansas School for the Blind are equal opportunity providers and employers.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



June 2019

3 Fresh Fruit, Vegetable, Grain, and Entrée Bar Hamburger, Cheeseburger, or Turkey Burger Lettuce/Tomato/Pickle/Onion Crispy Tator Tots Chilled Rosy Applesauce Milk	4 Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Tenders or Spring Salad with Chicken Savory Scalloped Potatoes Tender Green Peas Whole Grain Roll Pineapple Upside Down Cake Milk	5 Fresh Fruit, Vegetable, Grain, and Entrée Bar Savory Salisbury Steak Steamed Rice Seasoned Carrots/Steamed Broccoli with Cheese Sauce Roll Lime Sherbet Milk	6 Fresh Fruit, Vegetable, Grain, and Entrée Bar Frito Chili Pie or Chef Salad Golden Corn Creamy Coleslaw Juicy Strawberries Milk	7 Fresh Fruit, Vegetable, Grain, and Entrée Bar Toasted Turkey or Ham Sandwich Assorted Chips Crispy Red Bell Pepper Strips Assorted Relishes Chilled Grapes Whole Grain Cookie Milk
10 Fresh Fruit, Vegetable, Grain, and Entrée Bar Spaghetti and Meat Sauce Refreshing Romaine Lettuce and Tomato Salad Seasoned Green Beans Whole Grain Italian Breadstick Nature-Sweet Honeydew Melon Milk	11 Fresh Fruit, Vegetable, Grain, and Entrée Bar Baked Chicken Creamy Mashed Potatoes Summery Green Peas Whole Grain Roll Chilled Pineapple Chunks Milk	12 Fresh Fruit, Vegetable, Grain, and Entrée Bar Pinto Beans or Leo's Sack Lunch Tasty Turnip Greens Candied Yams Cornbread Fruited Gelatin Milk	13 Fresh Fruit, Vegetable, Grain, and Entrée Bar Beef or Chicken Nachos with Cheese Fresh Diced Tomatoes with Shredded Lettuce Tasty Refried Beans Spicy-Sweet Cinnamon Apples Milk	14 Fresh Fruit, Vegetable, Grain, and Entrée Bar Hot Dog on Whole Grain Bun Savory Baked Beans Crispy Sweet Potato Fries Chilled White Grapes Milk
17 Fresh Fruit, Vegetable, Grain, and Entrée Bar Cheese or Beef Pizza Golden Corn Celery Sticks Fresh Mixed Berries Milk	18 Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Quesadilla or Cobb Salad Zesty Chili Beans Crispy Orange Pepper Strips Smooth Caramel Bananas Milk	19 Fresh Fruit, Vegetable, Grain, and Entrée Bar Homemade Beef or Vegetable Lasagna Seasoned Green Beans and Pimento Whole Grain Italian Breadstick Chilled Pineapple Chunks Milk	20 Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Cordon Bleu or Baked Ham Loaded Mashed Potatoes Seasoned Green Beans Whole Grain Roll Chilled Apple Rings Cheesecake Milk	21 Fresh Fruit, Vegetable, Grain, and Entrée Bar Sub Sandwich Chips Assorted Relishes Cookie Milk

Have a safe, happy, and healthy summer!