

Arkansas School for the Blind and Visually Impaired Lunch Menu for Grades K-8--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



<p>3</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Hamburger, Cheeseburger, or Turkey Burger Lettuce/Tomato/Pickle/Onion Crispy Tator Tots Chilled Rosy Applesauce</p> <p>Milk</p>	<p>4</p> <p>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</p> <p>Milk</p>	<p>5</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Savory Salisbury Steak Steamed Rice Seasoned Carrots/Steamed Broccoli with Cheese Sauce Roll Lime Sherbet</p> <p>Milk</p>	<p>6</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Frito Chili Pie or Chef Salad Golden Corn Creamy Coleslaw Juicy Strawberries</p> <p>Milk</p>	<p>7</p> <p>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</p> <p>Milk</p>
<p>10</p> <p>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</p> <p>Milk</p>	<p>11</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Baked Chicken Creamy Mashed Potatoes Summery Green Peas Whole Grain Roll Chilled Pineapple Chunks</p> <p>Milk</p>	<p>12</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Pinto Beans or Leo's Sack Lunch Tasty Turnip Greens Candied Yams Cornbread Fruited Gelatin</p> <p>Milk</p>	<p>13</p> <p>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</p> <p>Milk</p>	<p>14</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Hot Dog on Whole Grain Bun Savory Baked Beans Crispy Sweet Potato Fries Chilled White Grapes</p> <p>Milk</p>
<p>17</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Cheese or Beef Pizza Golden Corn Celery Sticks Fresh Mixed Berries</p> <p>Milk</p>	<p>18</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Quesadilla or Cobb Salad Zesty Chili Beans Crispy Orange Pepper Strips Smooth Caramel Bananas</p> <p>Milk</p>	<p>19</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Homemade Beef or Vegetable Lasagna Seasoned Green Beans and Pimento Whole Grain Italian Breadstick Chilled Pineapple Chunks</p> <p>Milk</p>	<p>20</p> <p>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</p> <p>Milk</p>	<p>21</p> <p>Fresh Fruit, Vegetable, Grain, and Entrée Bar Sub Sandwich Chips Assorted Relishes Cookie</p> <p>Milk</p>

Have a safe, happy, and healthy summer!