Waukesha Catholic

MCFI K-8 Hot Lunch



June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		1 Chicken Tacos on WG Tortilla with Shredded Cheese and Taco Sauce Steamed Green Beans Seasonal Fruit Choice of Milk	2 Turkey Hot Dog on WG Bun Ketchup Steamed Carrots Seasonal Fruit Choice of Milk	3 WG Chicken Smackers (10) BBQ Sauce WG Cracker Crunchy Broccoli Seasonal Fruit Choice of Milk
6 WG Beef and Cheese Burrito Taco Sauce Steamed Carrots Seasonal Fruit Choice of Milk	7 Breaded Chicken Breast Fillet BBQ Sauce WG Cornbread with Honey Vegetarian Baked Beans Seasonal Fruit Choice of Milk	8 Roasted Turkey with Gravy WG Biscuit Mashed Potatoes Seasonal Fruit Choice of Milk	9 Orange Chicken over WG Brown Rice WG Cracker Baby Carrots Seasonal Fruit Choice of Milk	10 Early Dismissal
13		py Sum		17
20	21	² acation	23	24
	Free	e Summer Lunch Pro	gram	
27 h	ttps://usda-fns.maps.arcgis.com/app Waukesha Sites (June 20-July 1	to find a Free Lunch Progr s/webappviewer/index.html?id=8 5): Stem Academy-Randall, Bantin an also call 2-1-1 or text 'food' to 3	3b4d15211ed491a8ad5104291e601 g, Bethesda, Butler MS, North HS	.d2



June Nutrition Tip: 6/17 Eat Your Vegetables Day

Eating a variety of vegetables is an important part of a healthy life. On June 17th, challenge yourself or you family to try a new vegetable in celebration of Eat Your Veggies Day!

Source: healthychildren.org

For ideas, click the QR Code!

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