

East Rockaway High School/Middle School Lunch

June 2021

1
Grilled Chicken Quesadilla
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Carrot Coins
Fruit Choice
Juice Choice
Milk Choice

2
Meatball Hero
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Broccoli
Fruit Choice
Juice Choice
Milk Choice

3
Chicken Patty *with Fries*
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Cauliflower
Fruit Choice
Juice Choice
Milk Choice

4
Corn Dog *with Fries*
Ham or Turkey &
Cheese Sandwich (P)
Yogurt Parfait
Bagel
Tater Tots
Fruit Choice
Juice Choice
Milk Choice

7
BBQ Rib Sandwich (P)
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Red Kidney Beans
Fruit Choice
Juice Choice
Milk Choice

8
Pizza Crunchers *stuffed with
cheese and marinara sauce*
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Carrot Coins
Fruit Choice
Juice Choice
Milk Choice

9
Popcorn Chicken *with Emoji
Fries*
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Broccoli
Fruit Choice
Juice Choice
Milk Choice

10
Hot Dog or Burger Basket
with Fries
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Cauliflower
Fruit Choice
Juice Choice
Milk Choice

11
Dutch Waffle with Chicken
Sausage Patties
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Tater Tots
Fruit Choice
Juice Choice
Milk Choice

14
Cheese Quesadilla *with a
blend of mozzarella and cheddar*
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Red Kidney Beans
Fruit Choice
Juice Choice
Milk Choice

15
French Toast *w/ Egg patties*
Ham or Turkey & Cheese
Sandwich (P)
Yogurt Parfait
Bagel
Carrot Coins
Fruit Choice
Juice Choice
Milk Choice

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Summer Feeding Program

All children 18 and under are eligible to receive FREE summer meals.
Please call **1-866-348-6479** for more information.

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**UNTIL FURTHER NOTICE
BREAKFAST AND LUNCH IS
AVAILABLE DAILY AT NO
CHARGE**

Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines!

Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:

--Meat/Meat Alternate--Whole Grain Item--Fruit Choice--
--Vegetable Choice--Milk Choice--

****One of the choices MUST be a fruit or vegetable!****

Items with a (P) may contain pork.

Available Daily:

Fresh Slice of Pizza, Spicy and Plain Chicken Patty and Beef Burgers

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch, Celery Sticks or Carrot Sticks

1% White Milk, Fat-Free White, Fat-Free Chocolate