## East Rockaway High School/Middle School Lunch June 2021

## Meatball Hero Corn Dog with Fries Grilled Chicken Quesadilla Chicken Patty with Fries Ham or Turkey & Cheese Ham or Turkey & Ham or Turkey & Cheese Ham or Turkey & Cheese Cheese Sandwich (P) Sandwich (P) Sandwich (P) Sandwich (P) Yogurt Parfait Yogurt Parfait Yogurt Parfait **Yogurt Parfait** Bagel Bagel Bagel Bagel Broccoli Tater Tots Cauliflower **Carrot Coins** Fruit Choice Fruit Choice Fruit Choice Fruit Choice Juice Choice Juice Choice Juice Choice Juice Choice Milk Choice Milk Choice Milk Choice Milk Choice Hot Dog or Burger Basket Dutch Waffle with Chicken BBQ Rib Sandwich (P) Pizza Crunchers stuffed with Popcorn Chicken with Emoji with Fries Sausage Patties Ham or Turkey & Cheese cheese and marinara sauce Fries Ham or Turkey & Cheese Sandwich (P) Sandwich (P) Sandwich (P) Sandwich (P) Sandwich (P) Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Bagel Bagel Bagel Bagel Bagel **Red Kidney Beans** Cauliflower Carrot Coins Tater Tots Fruit Choice Broccoli Fruit Choice Fruit Choice Fruit Choice Juice Choice Fruit Choice Juice Choice Juice Choice Milk Choice Juice Choice Juice Choice Milk Choice Milk Choice Milk Choice Milk Choice Cheese Quesadilla with a French Toast w/ Egg patties Ham or Turkey & Cheese blend of mozzarella and cheddar Summer Feeding Program Ham or Turkey & Cheese Sandwich (P) Sandwich (P) Yogurt Parfait Yogurt Parfait All children 18 and under are eligible to receive FREE summer meals. Bagel Bagel Carrot Coins Please call 1-866-348-6479 for more information. Red Kidney Beans Fruit Choice Fruit Choice Juice Choice Juice Choice Milk Choice Milk Choice UNTIL FURTHER NOTICE **BREAKFAST AND LUNCH IS AVAILABLE DAILY AT NO** CHARGE Assorted snack items are offered daily that fit within the Available Daily: new Federal "Smart Snack" guidelines! Fresh Slice of Pizza, Spicy and Plain Chicken Patty and **Beef Burgers** Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below: Apples, Oranges, Fruit Cups, Orange Juice, Apple --Meat/Meat Alternate--Whole Grain Item--Fruit Choice--Juice, Fruit Punch, Celery Sticks or Carrot Sticks --Vegetable Choice--Milk Choice--\*\*One of the choices MUST be a fruit or vegetable!\*\*

## Items with a (P) may contain pork.

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

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