

JUNE 2023

Andrews Academy

LUNCH



School Information: Available daily: fresh fruit, milk, and water
Sandwiches: Sunbutter & Jelly or Turkey or Cheese



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Sandwich
Fries
Corn
Vegetarian Sandwich
Snack: cookie

5

BBQ Riblet
Mashed Potatoes
Broccoli
Vegetarian BBQ
Snack: graham crackers

6

Cheese Pizza
Side Salad
Breadstick
Snack: Strudel

7

Ham/Cheese Croissant
Veggie Croissant
Chips
Peas
Snack: brownie

8

Chicken Alfredo
Breadstick
Carrots
Vegetarian Alfredo
Snack: chips

9

Spaghetti w/ meat sauce
Breadstick
Green Beans
Spaghetti w/marinara
Snack: banana

12

Hamburger
Tater Tots
Carrots
Vegetarian burger
Snack: popcorn

13

Chicken Wrap lettuce/cheese
Vegetarian Wrap
Pasta salad
Snack: apples

14

Cheese Ravioli
Dinner Roll
Cauliflower
snack: pretzels

15

Roasted Turkey
Mac and Cheese
Mixed vegetables
Vegetarian Tofu
Snack: cheese crackers

16

Baked Cod
Cauliflower
Cornbread
Vegetarian Chicken Strips
snack: orange wedge

19

Grilled cheese
Tomato Soup
Crackers
Side Salad
Snack: raisins

20

Herb Pork Loin
Rice Pilaf
Glazed Carrots
Vegetarian Patty
Snack: cookie

21

Chicken Parmesan
Buttered Noodles
Peas
Vegetarian Chicken
snack: peaches

22

Fish Sandwich
Scalloped Potatoes
Broccoli
Vegetarian Burger
Snack: sunbutter chow

23

Mostaccioli w/meat
sauce
Green beans, Dinner roll
Vegetarian Mostaccioli
Snack: churro

26

Turkey & Cheese or
Cheese sandwich
Chips
Cucumber/tomato salad
Snack: fruit snack

27

Chicken Strips
Buttered Noodles
Corn on the Cob
Vegetarian Strips
Snack: Pear

28

Chili dogs
Side Salad
Vegetarian hot dog
Tater Tots
snack: trail mix (no nuts)

29

Hamburger
Fries
Peas
Veggie burger
Snack: cupcake

30

JUNE 2023

Andrews Academy

BREAKFAST



School Information:

Available daily: fresh fruit, milk, water, juice, toast and cereal



June is National Dairy Month! Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NO SCHOOL

1

NO SCHOOL

2

Waffles
Scrambled egg

5

Bacon
Hashbrown
Vegetarian sausage

6

Pancake
Sausage
Vegetarian sausage

7

Oatmeal
Scrambled eggs

8

Biscuit
Bacon
Vegetarian bacon

9

Snack: grapes

Snack: danish

Snack: cheese cubes

Snack: pudding parfait

Snack: danish

Ham/cheese omelet bake
Tater tots

12

Cinnamon roll
Sausage
Vegetarian sausage

13

English muffin
Breakfast ham
Vegetarian sausage

14

Breakfast Croissant
Vegetarian Croissant

15

Donut
Bacon
Vegetarian bacon

16

Snack peach cup

Snack: chocolate mousse

Snack: Gold Fish crackers

Snack: Fig newtons

Snack: Jello

Banana bread
Cheesy eggs

19

French toast bake
Bacon
Vegetarian bacon

20

Oatmeal w/ brown sugar
Breakfast potatoes
Sausage / vegetarian sausage

21

Muffin
Breakfast ham
Scrambled egg

22

Coffee Cake
Sausage
Vegetarian sausage

23

Snack: muffin

Snack: cheese stick

Snack: fruit cup

Snack: banana

Snack: Mixed Fruit

Bacon
Scrambled egg
Vegetarian bacon

26

Danish
Sausage
Vegetarian sausage

27

Biscuit w/ gravy
scrambled egg

28

Waffle
Chicken
Vegetarian chicken

29

Breakfast pizza
Tater tots

30

Snack: applesauce

Snack: cheese stick

Snack: yogurt parfait

Snack: Jello

Snack: watermelon