

# June 2017

## Somis Union School



Menu subject to substitution. All meals served with choice of 1% or nonfat TruMoo chocolate milk.

Have a great summer! ☺



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Hotdogs  
Beans  
Fruit  
Milk

1

Pizza  
Salad w/dressing  
Fruit  
Milk  
Graham Crackers

2

Sub Sandwiches  
Cheezits  
Fruit  
Veggies  
Milk

5

Chicken Nuggets  
Baked Fries  
Fruit  
Milk

6

Mac-N-Cheese  
Fruit  
Veggies  
Milk and Bunny Grahams

7

Corn Dogs  
Beans  
Fruit  
Milk  
Ice Cream Cup

8

Pizza  
Veggies  
Fruit  
Milk  
Graham Crackers

9



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