Nutrition Education: Eat your vitamins- A diet of whole grains, vegetables and fruits offers the vitamins and minerals that meet the body's needs. Drink plenty of water-Water is in every organ, tissue and cell in our body. It helps keep your body temperature normal, protects your spinal cord and lubricates the joints.

## SCRANTON ELEMENTARY K-8 GRADES LUNCH

Menus are subject to change based on availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| Fresh Strawberries | Chef Salad w/Fajita Chicken Cheeseburger Black-Eyed Peas Fresh Golden Apple Fresh Tangerine Milk | Chef Salad w/Fajita Chicken Ham Sandwich w/Shredded Lettuce Cherry Tomatoes w/Ranch Cup Celery Sticks Chilled Fruit Cup Crisp Potato Chips Milk | Chef Salad w/Fajita Chicken Fajita Chicken WG Seasoned Brown Rice Cut Green Beans Fresh Fruit Fruit Juice Milk | Chef Salad w/Fajita Chicken Corndog w/Mustard Sweet Potato Waffles Broccoli Florets w/Ranch Cup Fresh Sliced Apples Fruit Slushie Milk |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Chef Salad w/Fajita Chicken Fajita Chicken Nachos w/Salsa Broccoli w/Cheese Sauce Fresh Pear Box of Raisins or Raisel Milk | Chef Salad w/Fajita Chicken Sliced Ham WG Seasoned Rice Cut Green Beans Fresh Apple Milk | Chef Salad w/Fajita Chicken <br> Chicken Pilaf WG Roll <br> Black-Eyed Peas <br> Chilled Fruit Cup Milk | Chef Salad w/Fajita Chicken Chicken Nuggets w/Dipping Sauce Baby Carrots w/Ranch Cup Broccoli Florets w/Ranch Cup RF Cooler Ranch Tortilla Chips Fresh Fruit / Fruit Juice / Milk | Chef Salad w/Fajita Chicken Ham Sandwich w/Shredded Lettuce Cherry Tomatoes w/Ranch Cup Celery Sticks / Crisp Potato Chips Fresh Fruit / Fruit Juice Milk |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  |  | 18 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  | Alternate Entrée Option Daily: Peanut Butter \& Jelly Uncrustable | Adult Meal Price: $\$ 4.00$ <br> Assorted Milk Choices Daily 1\% White, FF Chocolate 8 oz. Bottled Water w/Lunch |
| FLORENCE SCHOOL DISTRICT 3 <br> SUMMER CAMPS! <br> STUDENTS EAT BREAKEAST G LUNCH FREE <br> JUNE 14 THE $\mathbf{3 0}^{\text {TH }}$ |  |  |  |  |

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[^0]:    "This institution is an equal opportunity provider."

