



FLORENCE SCHOOL DISTRICT 3
SCHOOL LUNCH MENU
 June 2021



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.



LCH MIDDLE/HIGH GRADES LUNCH



Menus are subject to change based on availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Fresh Strawberries	1 Chef Salad w/Fajita Chicken Fajita Pilau Rice Green Beans Diced Peaches Fresh Fruit Milk	2 Chef Salad w/Fajita Chicken Chicken Nuggets w/Sauce Seasoned Potato Tots Bread Stick Fresh Fruit/Fruit Juice Milk	3 Chef Salad w/Fajita Chicken Spaghetti w/Meat Sauce Black-Eyed-Peas Yeast Roll Fresh Golden Apple Milk	4 Chef Salad w/Fajita Chicken Meatball Sub Sweet Potato Tots Fruit Slushie/Fresh Fruit Fresh Strawberries Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Chef Salad w/Fajita Chicken Beef-a-Roni Northern Beans Steamed Squash Fruit Cup/Fruit Juice Milk	8 Chef Salad w/Fajita Chicken Popcorn Chicken Seasoned Fries Fresh Pears Chilled Fruit Cup Milk	9 Chef Salad w/Fajita Chicken Pizza Wedge Sweet Potato Tots Chilled Fruit Cup Fruit Juice Milk	10 Chef Salad w/Fajita Chicken Ham & Cheese Sandwich Seasoned Fries Steamed Broccoli/Baby Carrots Fresh Strawberries/Fruit Juice Milk 	11 Chef Salad w/Fajita Chicken Sloppy Joe on Bun Green Beans Fruit Slushie/Fresh Fruit Milk 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 	15 	16 	17 	18 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 	22 	23 	Alternate Entrée Option Daily: Pretzels w/Cheese Stick & Peanut Butter Goldfish Crackers w/Cheese Stick	Adult Meal Price: \$4.00 Assorted Milk Choices Daily 1% White, FF Chocolate 8 oz. Bottled Water w/Lunch

FLORENCE SCHOOL DISTRICT 3
SUMMER CAMPS!
STUDENTS EAT BREAKFAST & LUNCH FREE
JUNE 14TH ~ 30TH

