June 2018

EAU CLAIRE AREA SCHOOL DISTRICT – MIDDLE SCHOOL

This institution is an equal opportunity provider

LUNCH

LUNCH - $2.75
REDUCED LUNCH - $.40
Milk offered with all meals & includes choice of Skim, 1% or Chocolate Skim

All menus are subject to change due to availability.
NOTE: in order to reduce total fat content of meals, some meat entrees may contain poultry or soy. Specific information regarding product ingredients may be obtained from the Food & Nutrition Office.

Monday	Tuesday	Wednesday	Thursday	Friday
			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.	**1** Ham & Cheese Sub **OR** Assorted Pizza Hut Pizza Whipped Potatoes Baby Carrots Chilled Peaches Kiwi
4 Deli Sandwich Bar **OR** Baked Chicken Patty on a Bun Whole Kernel Corn Broccoli Florets Chilled Peaches Frozen Fruit Juice Cup	**5** BBQ Pork Rib on a Bun **OR** Chicken Strips w/ Breadstick Carrot Coins Cucumber Slices Applesauce Seedless Grapes	**6** Cheeseburger **OR** Club Sub Oven Baked French Fries Bush's Baked Beans Chilled Pears Kiwi	**7** Baked Chicken Nuggets w/ Breadstick **OR** Ham & Cheese Sub Assorted Raw Vegetables Baby Carrots Mixed Fruit Fresh Apple	**8**
11	**12**	**13**	**14**	**15**
18	**19**	**20**	**21**	**22**
25	**26**	**27**	**28**	**29**