

EHS SUMMER LUNCH MENU



4 oz. Milk

2 Fish Sticks

1/8 c Berry Blend

1/4 slc Texas Toast

1	4 oz. Milk
	½ Chicken Faj
	1/8 Apricots
	1/8 c Shredde
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	4 oz. Milk

4 oz. Milk	TV.
1 oz. Salisbury Steak & Gravy	
¼ c Roasted Broccoli	
½ slc WW Bread	
1/8 c tropical Fruit	2

4 oz. Milk

8.

15.

% c Beef Spaghetti

1/2 WW Dinner Roll

1/8 c Raspberries

1/8 c Broccoli & Cheese



1/2 Chicken Enchilada

1/8 c Tossed Salad

1/8 c Diced Mangos

½ WW Bread	
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4 oz. Milk	
2 Steak Fingers & 2 Tbsp. Gravy	
1/8 c Mashed Potatoes	
1/8 c Diced apricots	

1/8 c Sweet Potato Fries

4 oz. Milk	
½ Chicken Quesadilla	
¼ c Spanish Rice	
1/8 c Diced Tomatoes	

1/2 Grilled Ham & Cheese Sandwich

4 oz. Milk

1/8 c Tomato Soup

1/8 c Diced Peaches

1/8 c Mixed Fruit

4 UZ. IVIIIK	
1/2 Sloppy Joe Sandwich	
1/8 c Shredded Carrots	
1/8 c Diced Pineapples	

1 oz. Grilled Chicken Patty

1/8 c. Diced Strawberries

1/8 c Green Beans

¼ c Brown Rice

4 oz. Milk	
4 Beef Raviolis	
1/8 c Corn	
1/8 c Mangos	
¼ slc Garlic Toast	16.

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½ slc WW bread	1
1/8 c Diced Apricots	
1/8 c Snap Peas	
6 Popcorn Chicken	
4 oz. Milk	

10.

18

4 oz. Milk	
1.5 oz. Sliced Ham Patty	
¼ c Macaroni & Cheese	
1/8 c Snap Peas	
1/8 c Fresh Diced Apples	2

4 OZ. IVIIIK	
2 Chicken Nuggets	
1/8 c Sweet Potato Fries	
1/2 Dinner Roll	
1/8 c Diced Mangos	2
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4 oz. Milk	
1 oz. Hamburger	
1 Leaf Lettuce & Slice Tomato	
1/8 c Tater Tots	
1/8 c Diced Strawberries	2

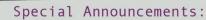
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¼ WW Dinner Roll	24
1/8 c Diced Apricots	
1/8 c Peas & Carrots	
1 pc Lasagna	
4 oz. Milk	

4 oz. Milk	
1/2 Bean & Cheese Burrito	
1/8 c Diced Tomato	
1/8 c Diced Apples	
	25

4 oz. Milk	
1 Soft Beef Taco	
1/8 c Black Beans	
1/8 c Diced Peaches	

1 oz. Milk	
∕₂ Chicken Fajitas	
L/8 c Refried Beans	
1/8 c Shredded Lettuce	
	29.

4 oz. Milk	
1 oz. Salisbury Steak & Gravy	
1/8 c Mashed Potatoes	
¼ c Roasted Broccoli	
½ slc WW Bread	30
1/8 c tropical Fruit	50.
ST OF AGA	







28.

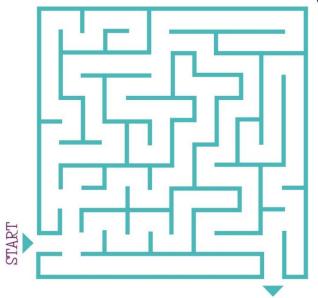
14.



INTERNATIONAL SPACE STATION PORK

Astronauts first arrived at the International Space Station in November 2000. More than 230 astronauts from 19 different countries have spent time in the space station since then. They conduct research in the zero-gravity environment. The astronauts live and work in an area larger than a six-bedroom house. The space station orbits the earth at height of about 250 miles and completely circles the earth about 16 times a day. The solar panel array that powers it is so big that sometimes you can look up and see the space station moving across the sky at dawn or dusk.

MARTIAN MAZE





DID YOU KNOW?

Pork is a protein food that is used in many recipes like pork chops, pulled pork tacos, and jambalaya.

Did you know that pork is an excellent source of nutrients such as protein, thiamin, niacin, vitamin B-6, and phosphorus? It is also a good source of potassium, zinc, and riboflavin.





This product was funded by USDA.

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