

JUNE

2021

EHS SUMMER LUNCH MENU



<p>m</p>	<p>t</p> <p>4 oz. Milk ½ Chicken Fajitas 1/8 Apricots 1/8 c Shredded Lettuce</p> <p>1.</p>	<p>w</p> <p>4 oz. Milk 1 oz. Salisbury Steak & Gravy ¼ c Roasted Broccoli ½ slc WW Bread 1/8 c tropical Fruit</p> <p>2.</p>	<p>th</p> <p>4 oz. Milk 1/3 c Beef Goulash 1/8 c Sliced Carrots 1/8 Diced Strawberries ½ WW Dinner Roll</p> <p>3.</p>	<p>f</p> <p>4 oz. Milk 2 Fish Sticks 1/8 c Sweet Potato Fries 1/8 c Berry Blend ½ WW Bread</p> <p>4.</p>
<p>7.</p>	<p>8.</p>	<p>9.</p>	<p>10.</p>	<p>11.</p>
<p>14.</p>	<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>
<p>21.</p>	<p>22.</p>	<p>23.</p>	<p>24.</p>	<p>25.</p>
<p>28.</p>	<p>29.</p>	<p>30.</p>	<p>Special Announcements:</p>	

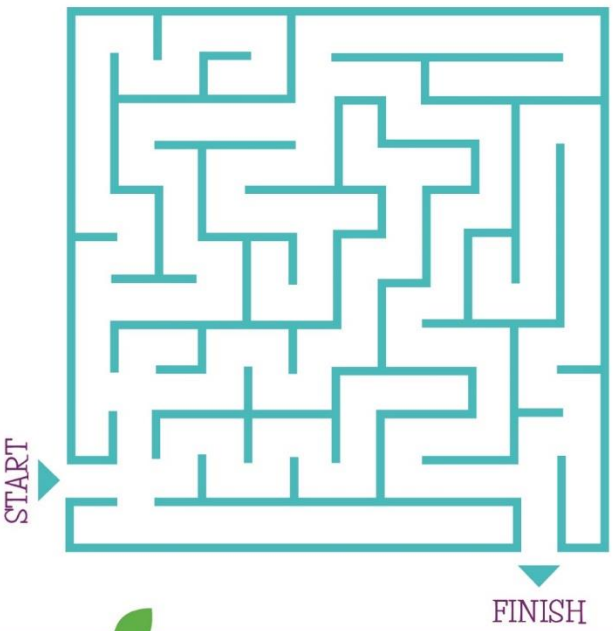




INTERNATIONAL SPACE STATION PORK

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.

FINISH



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 01/2020
www.SquareMeals.org