

**JUNE 2019**  
**MONDAY**

**PFE Breakfast & Lunch Menu**  
**TUESDAY WEDNESDAY**

**SUPERSTARSAFEMENUSCHOOL**  
**THURSDAY FRIDAY**

**Menu Notes:** Choice of milk with every meal.  
**Breakfast Notes:** Breakfast includes entrée plus one serving of Juice, one serving of Fruit and milk.  
For more information, visit <http://humbleisd.net/childnutrition>

<p><b>3</b></p> <p><b>NO SCHOOL</b></p>	<p><b>4</b></p> <p><b>NO SCHOOL</b></p>	<p><b>5</b></p> <p><b>BREAKFAST</b> French Toast Sticks (S) OR Cereal w /Graham Crackers Flavored Applesauce Cup (G) Orange Juice (S) <i>Syrup (S)</i></p> <p><b>LUNCH</b> Chicken Rings (G), Whole Grain Garlic Breadstick (G) Glazed Carrots (G) Steamed Broccoli w / Cheese (G) Dried Cranberries(G) Diced Peach Cup(G) Catsup, BBQ sauce (S)</p>	<p><b>6</b></p> <p><b>BREAKFAST</b> Breakfast Taco (S) OR Breakfast Cereal w / Graham Crackers (G) Chilled Pineapple Tidbits (G) Orange Juice (S)</p> <p><b>LUNCH</b> Cheeseburger (S) OR Hamburger (S) Oven Baked Fries (G), Seasoned Green Beans (G) Flavored Applesauce Cup (G) Blueberries w / Whipped Topping (S) <i>Catsup, Mustard, Salad Dressing</i></p>	<p><b>7</b></p> <p><b>NO SCHOOL</b></p>
<p><b>10</b></p> <p><b>BREAKFAST</b> French Toast Sticks (S) OR Cereal w / Graham Crackers (G) Chilled Mixed Fruit (G), Orange Juice (S) <i>Syrup (S)</i></p> <p><b>LUNCH</b> Turkey Breast Steak w /Turkey Gravy Whole Grain Biscuit (G) Glazed Carrots (G) Whole Kernel Corn (G) Dried Cranberries(G) Warm Spiced Apples (G)</p>	<p><b>11</b></p> <p><b>BREAKFAST</b> Biscuit w /Scrambled Eggs OR Cereal w /Graham Crackers Diced Peach Cup (G) Orange Juice (S) <i>Jelly</i></p> <p><b>LUNCH</b> Grilled Cheese Sandw ich (S) Baked Beans (G) Seasoned Green Beans (G) Chilled Mixed Fruit (G) Straw berry Cup (G) Whole Grain Pretzel Bites (G) Chocolate Chip Cookie (G)</p>	<p><b>12</b></p> <p><b>BREAKFAST</b> French Toast Sticks (S) OR Cereal w /Graham Crackers Flavored Applesauce Cup (G) Orange Juice (S) <i>Syrup (S)</i></p> <p><b>LUNCH</b> Chicken Rings (G), Whole Grain Garlic Breadstick (G) Glazed Carrots (G) Steamed Broccoli w / Cheese (G) Dried Cranberries(G) Diced Peach Cup(G) Catsup, BBQ sauce (S)</p>	<p><b>13</b></p> <p><b>BREAKFAST</b> Breakfast Taco (S) OR Breakfast Cereal w / Graham Crackers (G) Chilled Pineapple Tidbits (G) Orange Juice (S)</p> <p><b>LUNCH</b> Cheeseburger (S) OR Hamburger (S) Oven Baked Fries (G), Seasoned Green Beans (G) Flavored Applesauce Cup (G) Blueberries w / Whipped Topping (S) <i>Catsup, Mustard, Salad Dressing</i></p>	<p><b>14</b></p> <p><b>NO SCHOOL</b></p>
<p><b>17</b></p> <p><b>BREAKFAST</b> French Toast Sticks (S) OR Cereal w / Graham Crackers (G) Chilled Mixed Fruit (G), Orange Juice (S) <i>Syrup (S)</i></p> <p><b>LUNCH</b> Turkey Breast Steak w /Turkey Gravy Whole Grain Biscuit (G) Glazed Carrots (G) Whole Kernel Corn (G) Dried Cranberries(G) Warm Spiced Apples (G)</p>	<p><b>18</b></p> <p><b>BREAKFAST</b> Biscuit w /Scrambled Eggs OR Cereal w /Graham Crackers Diced Peach Cup (G) Orange Juice (S) <i>Jelly</i></p> <p><b>LUNCH</b> Grilled Cheese Sandw ich (S) Baked Beans (G) Seasoned Green Beans (G) Chilled Mixed Fruit (G) Straw berry Cup (G) Whole Grain Pretzel Bites (G) Chocolate Chip Cookie (G)</p>	<p><b>19</b></p> <p><b>BREAKFAST</b> French Toast Sticks (S) OR Cereal w /Graham Crackers Flavored Applesauce Cup (G) Orange Juice (S) <i>Syrup (S)</i></p> <p><b>LUNCH</b> Chicken Rings (G), Whole Grain Garlic Breadstick (G) Glazed Carrots (G) Steamed Broccoli w / Cheese (G) Dried Cranberries(G) Diced Peach Cup(G) Catsup, BBQ sauce (S)</p>	<p><b>20</b></p> <p><b>BREAKFAST</b> Breakfast Taco (S) OR Breakfast Cereal w / Graham Crackers (G) Chilled Pineapple Tidbits (G) Orange Juice (S)</p> <p><b>LUNCH</b> Cheeseburger (S) OR Hamburger (S) Oven Baked Fries (G), Seasoned Green Beans (G) Flavored Applesauce Cup (G) Blueberries w / Whipped Topping (S) <i>Catsup, Mustard, Salad Dressing</i></p>	<p><b>21</b></p> <p><b>NO SCHOOL</b></p> <p><b>FOOD ALLERGY NOTE:</b> We do not serve peanut products in elementary schools but we cannot guarantee that foods we purchase have not been in contact with nuts during manufacturing.</p>

(G) = GO! Foods to Eat Often (S) = Slow! Foods to Eat Sometimes (W) = Whoa! Foods to Eat Less Often

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<p><b>24</b>      <b>BREAKFAST</b>            French Toast Sticks (S) OR            Cereal w / Graham Crackers (G)            Chilled Mixed Fruit (G), Orange Juice (S)  <i>Syrup (S)</i></p> <p><b>LUNCH</b>            Turkey Breast Steak w /Turkey Gravy            Whole Grain Biscuit (G)            Glazed Carrots (G)            Whole Kernel Corn (G)            Dried Cranberries(G)            Warm Spiced Apples (G)</p>	<p><b>25</b>      <b>BREAKFAST</b>            Biscuit w /Scrambled Eggs            OR Cereal w /Graham Crackers            Diced Peach Cup (G)            Orange Juice (S)  <i>Jelly</i></p> <p><b>LUNCH</b>            Grilled Cheese Sandw ich (S)            Baked Beans (G)            Seasoned Green Beans (G)            Chilled Mixed Fruit (G)            Straw berry Cup (G)            Whole Grain Pretzel Bites (G)            Chocolate Chip Cookie (G)</p>	<p><b>26</b>      <b>BREAKFAST</b>            French Toast Sticks (S) OR            Cereal w /Graham Crackers            Flavored Applesauce Cup (G)            Orange Juice (S)  <i>Syrup (S)</i></p> <p><b>LUNCH</b>            Chicken Rings (G), Whole Grain Garlic            Breadstick (G)            Glazed Carrots (G)            Steamed Broccoli w / Cheese (G)            Dried Cranberries(G)            Diced Peach Cup(G)            Catsup, BBQ sauce (S)</p>	<p><b>27</b>      <b>BREAKFAST</b>            Breakfast Taco (S) OR            Breakfast Cereal w / Graham Crackers (G)            Chilled Pineapple Tidbits (G)            Orange Juice (S)</p> <p><b>LUNCH</b>            Cheeseburger (S) OR Hamburger (S)            Oven Baked Fries (G),            Seasoned Green Beans (G)            Flavored Applesauce Cup (G)            Blueberries w / Whipped Topping (S)  <i>Catsup, Mustard, Salad Dressing</i></p>	<p><b>28</b></p> <p><b>NO SCHOOL</b></p> <p><b>FOOD ALLERGY NOTE:</b>            We do not serve peanut products in elementary schools but we cannot guarantee that foods we purchase have not been in contact w ith nuts during manufacturing.</p>

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