

**JUNE 2019**  
**MONDAY**

**SMS Breakfast & Lunch Menu**  
**TUESDAY WEDNESDAY**

**SUPERSTARS AT SUMMER MEALS**  
**THURSDAY FRIDAY**

<p><b>Menu Notes:</b> Choice of milk with every meal.  <b>Breakfast Notes:</b> Breakfast includes entrée plus one serving of Juice, one serving of Fruit and milk .  <b>Summer Meals are provided at NO CHARGE</b>                      For more information, visit <a href="http://humbleisd.net/childnutrition">http://humbleisd.net/childnutrition</a></p>				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>NO SCHOOL</b>	<p><b>BREAKFAST</b>                      Scrambled Eggs w/ Biscuit                      OR Cereal w/Graham Crackers                      Applesauce Cup (G)                      Orange Juice (S)                      Jelly (S)</p> <p><b>LUNCH</b>                      Chicken Rings (S)                      Whole Grain Garlic Breadstick (G)                      Oven Baked Fries (G)                      Seasoned Green Beans (G)                      Chilled Mixed Fruit (G)                      Strawberry Cup (G)                      Catsup, BBQ sauce (S)</p>	<p><b>BREAKFAST</b>                      French Toast Sticks (S) OR                      Whole Grain Pop Tarts (S)                      Chilled Peach Cup(G)                      Orange Juice (S)                      Syrup (S)</p> <p><b>LUNCH</b>                      Chicken Fajita Tacos (S)                      OR Pizza                      Steamed Broccoli w/ Cheese (G)                      Baked Beans (S)                      Flavored Applesauce Cup (G)                      Chilled Pineapple Tidbits (G)                      Cinnamon Toast Crunch Bar (S)                      Salsa, Cheese Sauce (S)</p>	<p><b>BREAKFAST</b>                      Breakfast Taco                      OR Cereal w/ Graham Crackers (G)                      Chilled Pineapple Tidbits (G)                      Orange Juice (S)                      Salsa (S)</p> <p><b>LUNCH</b>                      Turkey Bacon Cheeseburger (G)                      Oven Baked Fries (G)                      Glazed Carrots (G)                      Diced Peach Cup(G)                      Dried Cranberries (G)                      Catsup, Mustard, Salad Dressing (S)</p>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>BREAKFAST</b>                      French Toast Sticks (S) OR                      Whole Grain Pop Tarts (S)                      Chilled Mixed Fruit (G)                      Orange Juice (S)                      Syrup (S)</p> <p><b>LUNCH</b>                      Turkey Breast Steak (G)                      Whole Grain Biscuit (S)                      Glazed Carrots (G),                      Mashed Potatoes (S)                      Chilled Sliced Pears (G)                      Dried Cranberries (G)                      Cheez-IT Crackers (S)                      Turkey Gravy (S)</p>	<p><b>BREAKFAST</b>                      Scrambled Eggs w/ Biscuit                      OR Cereal w/Graham Crackers                      Applesauce Cup (G)                      Orange Juice (S)                      Jelly (S)</p> <p><b>LUNCH</b>                      Chicken Rings (S)                      Whole Grain Garlic Breadstick (G)                      Oven Baked Fries (G)                      Seasoned Green Beans (G)                      Chilled Mixed Fruit (G)                      Strawberry Cup (G)                      Catsup, BBQ sauce (S)</p>	<p><b>BREAKFAST</b>                      French Toast Sticks (S) OR                      Whole Grain Pop Tarts (S)                      Chilled Peach Cup(G)                      Orange Juice (S)                      Syrup (S)</p> <p><b>LUNCH</b>                      Chicken Fajita Tacos (S)                      OR Pizza                      Steamed Broccoli w/ Cheese (G)                      Baked Beans (S)                      Flavored Applesauce Cup (G)                      Chilled Pineapple Tidbits (G)                      Cinnamon Toast Crunch Bar (S)                      Salsa, Cheese Sauce (S)</p>	<p><b>BREAKFAST</b>                      Breakfast Taco                      OR Cereal w/ Graham Crackers (G)                      Chilled Pineapple Tidbits (G)                      Orange Juice (S)                      Salsa (S)</p> <p><b>LUNCH</b>                      Turkey Bacon Cheeseburger (G)                      Oven Baked Fries (G)                      Glazed Carrots (G)                      Diced Peach Cup(G)                      Dried Cranberries (G)                      Catsup, Mustard, Salad Dressing (S)</p>	<b>NO SCHOOL</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>BREAKFAST</b>                      French Toast Sticks (S) OR                      Whole Grain Pop Tarts (S)                      Chilled Mixed Fruit (G)                      Orange Juice (S)                      Syrup (S)</p> <p><b>LUNCH</b>                      Turkey Breast Steak (G)                      Whole Grain Biscuit (S)                      Glazed Carrots (G),                      Mashed Potatoes (S)                      Chilled Sliced Pears (G)                      Dried Cranberries (G)                      Cheez-IT Crackers (S)                      Turkey Gravy (S)</p>	<p><b>BREAKFAST</b>                      Scrambled Eggs w/ Biscuit                      OR Cereal w/Graham Crackers                      Applesauce Cup (G)                      Orange Juice (S)                      Jelly (S)</p> <p><b>LUNCH</b>                      Chicken Rings (S)                      Whole Grain Garlic Breadstick (G)                      Oven Baked Fries (G)                      Seasoned Green Beans (G)                      Chilled Mixed Fruit (G)                      Strawberry Cup (G)                      Catsup, BBQ sauce (S)</p>	<p><b>BREAKFAST</b>                      French Toast Sticks (S) OR                      Whole Grain Pop Tarts (S)                      Chilled Peach Cup(G)                      Orange Juice (S)                      Syrup (S)</p> <p><b>LUNCH</b>                      Chicken Fajita Tacos (S)                      OR Pizza                      Steamed Broccoli w/ Cheese (G)                      Baked Beans (S)                      Flavored Applesauce Cup (G)                      Chilled Pineapple Tidbits (G)                      Cinnamon Toast Crunch Bar (S)                      Salsa, Cheese Sauce (S)</p>	<p><b>BREAKFAST</b>                      Breakfast Taco                      OR Cereal w/ Graham Crackers (G)                      Chilled Pineapple Tidbits (G)                      Orange Juice (S)                      Salsa (S)</p> <p><b>LUNCH</b>                      Turkey Bacon Cheeseburger (G)                      Oven Baked Fries (G)                      Glazed Carrots (G)                      Diced Peach Cup(G)                      Dried Cranberries (G)                      Catsup, Mustard, Salad Dressing (S)</p>	<b>NO SCHOOL</b>

<p><b>24</b>      <b>BREAKFAST</b>  French Toast Sticks (S) OR  Whole Grain Pop Tarts (S)  Chilled Mixed Fruit (G)  Orange Juice (S)  Syrup (S)</p> <p><b>LUNCH</b>  Turkey Breast Steak (G)  Whole Grain Biscuit (S)  Glazed Carrots (G),  Mashed Potatoes (S)  Chilled Sliced Pears (G)  Dried Cranberries (G)  Cheez-IT Crackers (S)  Turkey Gravy (S)</p>	<p><b>25</b>      <b>BREAKFAST</b>  Scrambled Eggs w/ Biscuit  OR Cereal w/Graham Crackers  Applesauce Cup (G)  Orange Juice (S)  Jelly (S)</p> <p><b>LUNCH</b>  Chicken Rings (S)  Whole Grain Garlic Breadstick (G)  Oven Baked Fries (G)  Seasoned Green Beans (G)  Chilled Mixed Fruit (G)  Strawberry Cup (G)  Catsup, BBQ sauce (S)</p>	<p><b>26</b>      <b>BREAKFAST</b>  French Toast Sticks (S) OR  Whole Grain Pop Tarts (S)  Chilled Peach Cup(G)  Orange Juice (S)  Syrup (S)</p> <p><b>LUNCH</b>  Chicken Fajita Tacos (S)  OR Pizza  Steamed Broccoli w/ Cheese (G)  Baked Beans (S)  Flavored Applesauce Cup (G)  Chilled Pineapple Tidbits (G)  Cinnamon Toast Crunch Bar (S)  Salsa, Cheese Sauce (S)</p>	<p><b>27</b>      <b>BREAKFAST</b>  Breakfast Taco  OR Cereal w/ Graham Crackers (G)  Chilled Pineapple Tidbits (G)  Orange Juice (S)  Salsa (S)</p> <p><b>LUNCH</b>  Turkey Bacon Cheeseburger (G)  Oven Baked Fries (G)  Glazed Carrots (G)  Diced Peach Cup(G)  Dried Cranberries (G)  Catsup, Mustard, Salad Dressing (S)</p>	<p><b>28</b>      <b>NO SCHOOL</b></p>
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(G) = GO! Foods to Eat Often (S) = Slow! Foods to Eat Sometimes (W) = Whoa! Foods to Eat Less Often

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