

June 2021

Roland-Story High School



This institution is an equal opportunity provider.



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato!



Reference: USDA MyPlate

Monday



Tuesday

BBQ Pork Sandwich **1**
Baked Beans
Peaches
Milk

Wednesday

Sack Lunch Sign Up **2**
Ham & Cheese Sub
Baby Carrots w/Ranch
Applesauce Cup
Milk

Thursday

Sack Lunch Sign Up **3**
Uncrustable PB & J
Cheese Stick
Sun Chips
Celery w/Peanut Butter
Apple
Milk

Friday

Sack Lunch Sign Up **4**
Turkey & Cheese Sub
Broccoli w/Ranch
Applesauce Cup
Milk



Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk **30**

