

June 2021

Roland-Story Middle 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

Wednesday

Thursday

Friday

Cheese Quesadillas **1**
Black Beans
Pears
Milk

Grilled Chicken Sandwich **2**
Fries
Peaches
Milk

Grilled Hamburgers **3**
Baked Beans
Applesauce Cups
Milk

Sack Lunch **4**
Ham and Turkey Sub
Sun Chips
Baby Carrots
Apple Slices

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

