



JUNE

Menu Subject to Change



Elementary Lunch
COST
PAID- \$2.75
REDUCED- \$0.40
MILK- \$0.60

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

3
 WHOLE GRAIN COATED FISH STICKS
 TARTAR SAUCE
 DAILY SANDWICH VARIETY
 STEAMED GREEN BEANS
 BROWN RICE PILAF
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

4
 PORK CARNITAS ENCHILADA W/ RED CHILI SAUCE
 SHREDDED CHEESE
 DAILY SANDWICH VARIETY
 STEAMED CARROTS
 BLACK BEAN COMPOTE
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

5
 HERB ROASTED CHICKEN
 STEAMED BROCCOLI
 SOFT DINNER ROLL
 DAILY SANDWICH VARIETY
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

6
 BAKED PENNE PASTA W/ RICOTTA CHEESE
 TUSCAN MARINARA
 DAILY SANDWICH VARIETY
 STEAMED MIXED VEGETABLES
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

7
 WHOLE WHEAT SICILIAN STYLE NORTH END CHEESE PIZZA
 MIXED GREENS SALAD
 DAILY SANDWICH VARIETY
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

Cal 573
T.Fat 19.34 G
S.Fat 8.0 G
Chol 86.3 Mg
Sodm 916.29 Mg
Carb 66.97 G
Fiber 7.6 G
Prtn 30.99 G

10
 ALL AMERICAN CHEESEBURGER
 WHOLE WHEAT ROLL
 BAKED OVEN FRIES
 DAILY SANDWICH VARIETY
 STEAMED GREEN BEANS
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

11
 CAROLINA PULLED PORK & CHEESE ON WHOLE WHEAT ROLL
 DAILY SANDWICH VARIETY
 BLACK BEAN COMPOTE
 STEAMED CARROTS
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

12
 GRILLED CHICKEN BREAST AND SLICED HAM
 W/ AMERICAN CHEESE ON WHOLE WHEAT ROLL
 BUTTERNUT SQUASH
 DAILY SANDWICH VARIETY
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

13
 JUMBO HOT DOG IN A WHOLE WHEAT ROLL
 DAILY SANDWICH VARIETY
 BAKED OVEN FRIES
 STEAMED BROCCOLI
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

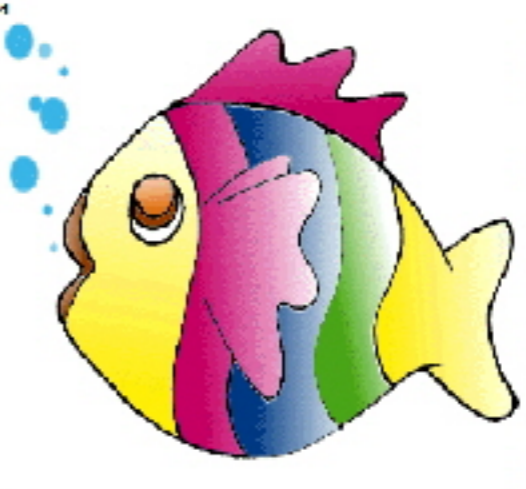
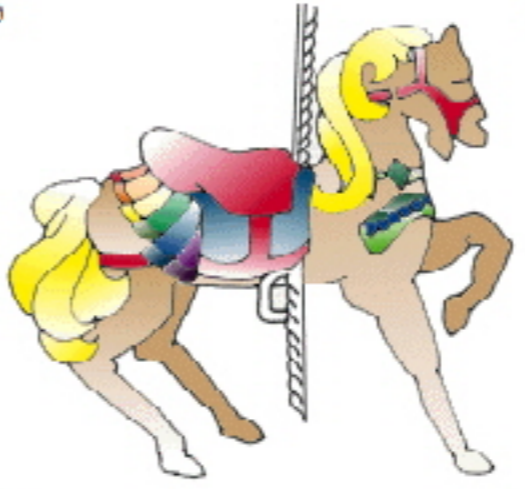
14
 WHOLE WHEAT SICILIAN STYLE NORTH END CHEESE PIZZA
 STEAMED MIXED VEGETABLES
 DAILY SANDWICH VARIETY
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

Cal 537
T.Fat 17.19 G
S.Fat 6.4 G
Chol 49.0 Mg
Sodm 1167.73 Mg
Carb 68.64 G
Fiber 7.2 G
Prtn 26.04 G

17
 WHOLE GRAIN COATED FISH STICKS
 TARTAR SAUCE
 P'NUT BUTTER/JELLY SANDWICH
 STEAMED GREEN BEANS
 SOFT ROLL
 FRESH OR CANNED FRUIT
 VEGETABLE STICKS

WOW!

Last Day of School
Only Breakfast Served
Early Dismissal



Cal 643
T.Fat 23.04 G
S.Fat 7.7 G
Chol 36.1 Mg
Sodm 1015.03 Mg
Carb 91.14 G
Fiber 7.9 G
Prtn 21.85 G

2
DAILY SANDWICH VARIETY SERVED ON WHOLE WHEAT BREAD
 TUNA FISH
 HAM & CHEESE
 TURKEY & CHEESE
 BOLOGNA & CHEESE
 PEANUT BUTTER & JELLY



WHERE EVER THE ROAD TAKES YOU THIS SUMMER
BE HAPPY & BE SAFE
FRAMINGHAM FOOD SERVICE DEPARTMENT



REMEMBER TO SUBMIT A NEW FREE & REDUCED MEAL BENEFIT APPLICATIONS BY OCTOBER FOR THE 2019/2020 SCHOOL YEAR