



## JUNE 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus Are Subject to Change USDA is an equal opportunity employer and provider.				<b>1</b> 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Italian Pasta Salad with Fresh Veggies
Alternative Meals: 2. Nacho Fun Lunch: Low Fat Cheddar Cheese, Tortilla Chips, Low Sodium Salsa and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>4</b> Meatball Sub with Mozzarella Cheese Chilled Cucumber and Mandarin Orange Citrus Salad  Baked Lay's Potato Chips <i>(Available with All Meals)</i>	<b>5</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Mixed Veggies Seasoned Whole Grain Wild Rice	<b>6</b> Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	<b>7</b> Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Hash Brown Potato	<b>8</b> Whole Grain Cheese Pizza Spinach Salad with Romaine Lettuce and Strawberries
Alternative Meals: 2. Fresh Chicken Salad on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>11</b> Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll	<b>12</b> Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans	<b>13</b> Oven Baked Popcorn Chicken Mashed Potatoes Gravy Seasoned Sweet Corn Wheat Dinner Roll	<b>14</b> Mini Whole Wheat Maple Waffles Low Fat Vanilla Yogurt with Homemade Granola <i>(nut free)</i> Roasted Cinnamon Glazed Sweet Potatoes	<b>15</b> Whole Grain Cheese Pizza Honey, Cucumber and Apple Salad
Alternative Meals: 2. Bagel Fun Lunch: WG Bagel, Sunbutter, Cream Cheese, String Cheese Stick and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>18</b> Whole Wheat Pasta with Meat Sauce Seasoned Sweet Corn Whole Wheat Breadstick  Goldfish Cinnamon Cookie <i>(Available with All Meals)</i>	<b>19</b> Oven Baked Chicken Patty Sandwich Oven Baked Crinkle Cut Fries Seasoned Carrots	<b>20</b> Soft Beef Taco Shredded Cheddar Cheese Shredded Lettuce Mexicali Rice Seasoned Black Beans	<b>21</b> Whole Wheat Cinnamon French Toast Sticks Sausage Patty Baked Tater Tots	<b>22</b> 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Broccoli and Carrot Ranch Salad
Alternative Meals: 2. Sunbutter and Jelly Sandwich on Wheat Bread 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
	<h1 style="margin: 0;">Have a Fun and Safe Summer!</h1>			
Alternative Meal: Fresh Tuna Salad on Sub Roll				
<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk

### DAILY BREAKFAST MENU

- Monday: Whole Grain Blueberry Muffin or Kix Cereal
- Tuesday: Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal
- Wednesday: Nutrigrain Fruit Bar or Rice Krispy Cereal
- Thursday: Low Fat Vanilla Yogurt with Nut Free Granola or Special K Cereal
- Friday: Whole Grain Cinnamon Pop Tart or Cheerios Cereal

All breakfast served with fruit and milk.

Check Out Our Menus  
On-Line  
[skschools.nutrislice.com](http://skschools.nutrislice.com)

