June 2023 North Mahaska K-8

#### **Breakfast**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A	5	6	7	8	9	3 10
	Entrees • French Toast Sticks • Fruit Juice • Milk	Entrees Cereal with Toast & Jelly Chilled Fruit Milk	Entrees  • Breakfast Pizza  • Fruit Juice  • Milk	Entrees Cereal with Cheese Stick Chilled Fruit Milk	Entrees • Mini Cinnis • Fruit Juice • Milk	Entrees • Mini Bagels • Chilled Fruit • Milk
Entrees Colby Egg Omelet Toast & Jelly Fruit Juice Milk	Entrees Cereal with Yogurt Fresh Fruit	Entrees • Waffles • Fruit Juice • Milk	Entrees • Sausage Pancake On Stick • Fresh Fruit • Milk	Entrees  Coereal with Cheese Stick Fruit Juice Milk	Entrees Oatmeal Fresh Fruit Milk	Entrees • Sausage Biscuit • Fruit Juice • Milk
Entrees • Oatmeal • Fresh Fruit • Milk	Entrees Cereal Toast & Jelly Fruit Juice Milk	Entrees Donut Fresh Fruit Milk	Entrees • Mini Waffles • Fruit Juice • Milk	Entrees     Mini Pancakes     Fresh Fruit     Milk	Entrees Cereal with Yogurt Fruit Juice Milk	<ul><li>24</li><li>Entrees</li><li>Oatmeal</li><li>Fresh Fruit</li><li>Milk</li></ul>
Entrees • Mini Bagels • Fresh Fruit • Milk	Entrees  Breakfast Pizza Fruit Juice Milk	Entrees Pancake Bites Fresh Fruit Milk	Entrees • Oatmeal • Fruit Juice • Milk	Entrees Cereal Toast & Jelly Fruit Juice Milk	Entrees • Mini Waffles • Fresh Fruit • Milk	

Milk Options Opaa! Complies with all milk varieties acceptable per age range per USDA/CACFP regulations 1 up to 2 Years Old: Unflavored Whole Milk Only 2-5 Years Old: Unflavored Low-Fat (1%) Or Fat-Free (Skim) Milk Only K-12: Unflavored Low-Fat (1%) Or Fat-Free (Skim) Milk, 1% Chocolate or Strawberry Flavored Variety

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### Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
	<ul> <li>Ham &amp; Cheese Wrap</li> </ul>	Cheese Pizza	• Mini Corn Dogs	<ul> <li>Peanut Butter &amp; Jelly</li> </ul>	Ham and Cheese	<ul> <li>Hot Dog On Bun</li> </ul>
	Fruit  Chilled Fruit	Fruit • Chilled Fruit	Fruit • Chilled Fruit	Fruit  Chilled Fruit	<b>Sandwich</b> Fruit	Fruit  Chilled Fruit
	Sides	Sides	Sides	Sides	Chilled Fruit	Sides
	• Corn	Green Beans	Baby Carrots	• Corn	Sides	Baby Carrots
	• Milk	• Milk	• Milk	• Milk	<ul><li> Green Beans</li><li> Milk</li></ul>	• Milk
11	12	13	14	15	16	17
ntrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Chicken Patty Sandwich	<ul> <li>Cheeseburger</li> </ul>	<ul> <li>Nuggets</li> </ul>	Ham & Cheese Sandwich	<ul> <li>Turkey &amp; Cheese Wrap</li> </ul>	<ul> <li>Popcorn Chicken</li> </ul>	<ul> <li>Peanut Butter &amp; Jelly</li> </ul>
uit	Fruit	Fruit	Fruit	Fruit	• Italian Bread	Fruit
Chilled Fruit des	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	Chilled Fruit Sides	Fruit • Chilled Fruit	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>
Fresh Cauliflower	French Fries	Baby Carrots	Broccoli	Cauliflower	• Cillied Fruit Sides	Baby Carrots
Milk	• Milk	• Milk	• Milk	• Milk	<ul><li>Broccoli</li><li>Milk</li></ul>	• Milk
18	19	20	21	22	23	24
ntrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Corn Dog	<ul> <li>Italian Sub</li> </ul>	<ul> <li>Ham &amp; Cheese Roll Up</li> </ul>	<ul> <li>Quesadilla</li> </ul>	<ul> <li>Turkey &amp; Cheese Sandwice</li> </ul>		<ul> <li>Chicken Patty</li> </ul>
uit Chillad Emilia	Fruit	Fruit	Fruit	Fruit	Fruit	with
Chilled Fruit des	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Chilled Fruit Sides</li> </ul>	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Chilled Fruit</li> <li>Sides</li> </ul>	<ul> <li>Hot Roll Fruit</li> </ul>
Corn	Cauliflower	Green Beans	• Corn	Cauliflower	Green Beans	Chilled Fruit
Milk	<ul> <li>Milk</li> </ul>	• Milk	• Milk	• Milk	<ul> <li>Milk</li> </ul>	Sides
						• Corn
						• Milk
25	26	27	28	29	30	
ntrees	Entrees	Entrees	Entrees	Entrees	Entrees	
Turkey & Cheese Wrap	<ul> <li>Cheese Pizza</li> </ul>	Mini Corn Dogs	Peanut Butter & Jelly	<ul> <li>Chicken Patty Sandwich</li> </ul>	Hot Dog On Bun	
ruit	Fruit	Fruit	Fruit	Fruit	Fruit	
Chilled Fruit	Chilled Fruit     Cides	Chilled Fruit  Cidea	Chilled Fruit  Cidea	Chilled Fruit  Sides	Chilled Fruit  Sides	
ides Baby Carrots	<ul><li>Sides</li><li>Grape Tomatoes</li></ul>	Sides - Baby Carrots	Sides • Corn	Sides • Green Beans	Sides • Grape Tomatoes	
Milk	Milk	Milk	Milk	Milk	Milk	

Milk Options Opaa! Complies with all milk varieties acceptable per age range per USDA/CACFP regulations 1 up to 2 Years Old: Unflavored Whole Milk Only 2-5 Years Old: Unflavored Low-Fat (1%) Or Fat-Free (Skim) Milk Only K-12: Unflavored Low-Fat (1%) Or Fat-Free (Skim) Milk, 1% Chocolate or Strawberry Flavored Variety

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# Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Entrees
Entrees French Toast Sticks Fruit Chilled Fruit Milk	Entrees Cereal with Cheese Stick Fruit Juice Milk	Entrees • Breakfast Pizza Fruit • Chilled Fruit • Milk	Entrees Cereal with Toast & Jelly Fruit Juice Milk	Entrees • Mini Cinnis Fruit • Chilled Fruit • Milk	7 Entrees • Mini Bagels • Fruit Juice • Milk	Entrees     Oatmeal Fruit     Chilled Fruit     Milk
9 Entrees • Colby Egg Omelet • Fruit Juice • Milk	Entrees • Cereal with • Yogurt Fruit • Chilled Fruit • Milk	Entrees • Mini Waffles • Fruit Juice • Milk	Entrees • Sausage Pancake On Stir Fruit • Chilled Fruit • Milk	Entrees ck • Cereal with • Toast & Jelly • Fruit Juice • Milk	Entrees Oatmeal Fruit Chilled Fruit Milk	Entrees
Entrees • Oatmeal Fruit • Chilled Fruit • Milk	Entrees Cereal with Cheese Stick Fruit Juice Milk	Entrees • Donut Fruit • Chilled Fruit • Milk	Entrees • Mini Waffles • Fruit Juice • Milk	Entrees Cereal with Yogurt Fruit Chilled Fruit Milk	Entrees • Oatmeal • Fruit Juice • Milk	Entrees  Breakfast Pizza Fruit Chilled Fruit Milk

23	24	25	26	27	28	29
Entrees • Mini Bagels • Fruit Juice • Milk	Entrees • Oatmeal Fruit • Chilled Fruit • Milk	Entrees • Cereal with • Toast & Jelly • Fruit Juice • Milk	Entrees	Entrees • Breakfast Pizza • Fruit Juice • Milk	Entrees • Cereal with • Yogurt Fruit • Chilled Fruit • Milk	Entrees • Oatmeal • Fruit Juice • Milk

30 31 Entrees Entrees Mini French Toast Cereal

Fruit with Chilled Fruit

Toast & JellyFruit Juice • Milk Milk

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## Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Entrees • Nuggets Fruit • Chilled Fruit Sides • Corn • Milk
2	3	4	5	6	7	8
Entrees • Nardone's Pizza Fruit • Chilled Fruit Sides • Green Beans • Milk	Entrees • Mini Corn Dogs Fruit • Chilled Fruit Sides • Baby Carrots • Milk	Entrees • Peanut Butter & Jelly Fruit • Chilled Fruit Sides • Corn • Milk	Entrees • Ham and Cheese Sandwich Fruit • Chilled Fruit Sides • Green Beans • Milk	Entrees • Hot Dog On Bun Fruit • Chilled Fruit Sides • Broccoli • Milk	Entrees • Ham & Cheese Roll Up Fruit • Chilled Fruit Sides • Baby Carrots • Milk	Entrees Chicken Patty Sandwich Fruit Chilled Fruit Sides Green Beans Milk
9	10	11	12	13	14	15
Entrees  Cheeseburger Fruit Chilled Fruit Sides Potato Wedges Milk	Entrees • Turkey & Cheese San Fruit • Chilled Fruit Sides • Cauliflower • Milk	Entrees	Entrees • Peanut Butter & Jelly Fruit • Chilled Fruit Sides • Grape Tomatoes • Milk	Entrees Turkey & Cheese Wrap Fruit Chilled Fruit Sides Corn Milk	Entrees     Chicken Patty Sandwich Fruit     Chilled Fruit Sides     Fresh Cauliflower     Milk	Entrees • Nardone's Pizza Fruit • Chilled Fruit Sides • Green Beans • Milk
Entrees Italian Sub Fruit Chilled Fruit Sides Broccoli Milk	Entrees • Hot Dog On Bun Fruit • Chilled Fruit Sides • Green Beans • Milk	Entrees Peanut Butter & Jelly Fruit Chilled Fruit Sides Baby Carrots Milk	Entrees • Ham and Cheese Sandwich Fruit • Chilled Fruit Sides • Grape Tomatoes • Milk	Entrees • Quesadilla Fruit • Chilled Fruit Sides • Corn • Milk	Entrees • Nardone's Pizza Fruit • Chilled Fruit Sides • Green Beans • Milk	Entrees Popcorn Chicken Fruit Chilled Fruit Sides Broccoli Milk

23	24	25	26	27	28	29
Entrees • Ham and Cheese Sandwich Fruit	Entrees  Nuggets Fruit Chilled Fruit	Entrees • Peanut Butter & Jelly Fruit • Chilled Fruit	Entrees • Mini Corn Dogs Fruit • Chilled Fruit	Entrees  • Nardone's Pizza Fruit • Chilled Fruit	Entrees	Entrees • Ham & Cheese Sub Fruit • Chilled Fruit
<ul><li>Chilled Fruit</li><li>Sides</li><li>Baby Carrots</li><li>Milk</li></ul>	Sides • French Fries • Milk	Sides • Broccoli • Milk	Sides • Grape Tomatoes • Milk	Sides  Baby Carrots Milk	Sides • Broccoli • Milk	Sides - Cauliflower - Milk

30 31

Entrees
• Hot Dog On Bun Entrees · Turkey & Cheese Sandwich

Fruit
• Chilled Fruit Fruit
- Chilled Fruit Sides Sides

• Corn Broccoli Milk Milk

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#### **Breakfast**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Entrees • French Toast Sticks • Fruit Juice • Milk	Entrees	Entrees • Breakfast Pizza • Fruit Juice • Milk	Entrees Oatmeal Fruit Chilled Fruit Milk	Entrees  • Mini Bagels  • Fruit Juice  • Milk
6 Entrees Colby Egg Omelet Fruit Chilled Fruit Milk	7 Entrees • Cereal with • Yogurt • Fruit Juice • Milk	Entrees • Waffles Fruit • Chilled Fruit • Milk	9 Entrees • Breakfast Pizza • Fruit Juice • Milk	Entrees    Oatmeal Fruit    Chilled Fruit    Milk	Entrees Cereal with Cheese Stick Fruit Chilled Fruit Milk	Entrees  • Mini Bagels  • Fruit Juice  • Milk
Entrees Oatmeal Fruit Juice Milk	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Entrees • Popcorn Chicken Fruit • Chilled Fruit Sides • Broccoli • Milk	Entrees • Quesadilla Fruit • Chilled Fruit Sides • Baby Carrots • Milk	Entrees	Entrees • Peanut Butter & Jelly Fruit • Chilled Fruit Sides • Broccoli • Milk	Entrees     Turkey & Cheese Wrap Fruit     Chilled Fruit Sides     Broccoli     Milk
6	7	8	9	10	11	12
Entrees Hot Dog On Bun Truit	Entrees • Cheeseburger Fruit	Entrees • Ham & Cheese Sandwich Fruit	Fruit	Entrees • Nuggets Fruit	Entrees • Ham & Cheese Roll Up Fruit	Entrees • Nardone's Pizza Fruit
<ul><li>Chilled Fruit</li><li>Gides</li><li>Green Beans</li></ul>	<ul><li>Chilled Fruit</li><li>Sides</li><li>Corn</li></ul>	<ul><li>Chilled Fruit Sides</li><li>Broccoli</li></ul>	<ul><li>Chilled Fruit</li><li>Sides</li><li>Cauliflower</li></ul>	<ul><li>Chilled Fruit</li><li>Sides</li><li>Green Beans</li></ul>	<ul><li>Chilled Fruit</li><li>Sides</li><li>Broccoli</li></ul>	<ul><li>Chilled Fruit</li><li>Sides</li><li>Corn</li></ul>
• Milk	• Milk	• Milk	• Milk	• Milk	• Milk	• Milk

Entrees

Mini Corn Dogs

Fruit

Chilled Fruit

- Sides

  Baby Carrots

  Milk

20	21	22	23	24	25	26
27	28	29	30	31		

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