

# Elementary Schools Lunch Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6/3</b></p> <p>Chicken Tenders with whole grain Dinner Roll &amp; Assorted Dipping Sauces Or Tuna Salad Wrap on whole wheat Tortilla <i>Vegetable of the Day:</i> Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk</p>	<p><b>6/4</b></p> <p>Beef Nacho on whole grain Tortilla Chips with Shredded Cheese Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers <i>Vegetable of the Day:</i> Shredded Lettuce, Diced Tomato, Salsa, Stewed Kidney Beans Assorted Fruit, Milk</p>	<p><b>6/5</b></p> <p>Whole grain Mac and Cheese with Fish Sticks Or Chefs Choice <i>Vegetable of the Day:</i> Tomato &amp; Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk</p>	<p><b>6/6</b></p> <p>Ham and Cheese Melt on Whole Wheat Croissant Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers <i>Vegetable of the Day:</i> Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk</p>	<p><b>6/7</b></p> <p>whole grain Pizza Or Chefs Choice <i>Vegetable of the Day:</i> Veggie Cruncher Garden Salad Assorted Fruit, Milk</p>
<p><b>6/10</b></p> <p>Cheeseburger or Hamburger on whole grain Bun Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers <i>Vegetable of the Day:</i> Red Bliss Roasted Potato Wedges, Lettuce &amp; Tomato, Corn on the Cob Assorted Fruit, Milk</p>	<p><b>6/11</b></p> <p>Grilled Cheese on whole wheat Bread Or Chefs Choice <i>Vegetable of the Day:</i> Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk</p>	<p><b>6/12</b></p> <p>Kelp "Meat"balls with Marinara Sauce &amp; Dinner Roll Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers <i>Vegetable of the Day:</i> Kale and Cranberry Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk</p>	<p><b>6/13</b></p> <p>Mandarin Orange Chicken with whole grain Vegetable Fried Rice Or Turkey and Cheese Sandwich on whole wheat Bread <i>Vegetable of the Day:</i> Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk</p>	<p><b>6/14</b></p> <p>whole grain Pizza Or Chefs Choice <i>Vegetable of the Day:</i> Farm Fresh Veggie Sticks Romaine Salad Assorted Fruit, Milk</p>
<p><b>6/17</b></p> <p>Chicken Patty on whole grain Bun Or Chefs Choice <i>Vegetable of the Day:</i> Lettuce &amp; Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk</p>	<p><b>6/18</b></p> <p>Turkey &amp; Cheese on whole grain Bread Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers <i>Vegetable of the Day:</i> Farm Fresh Veggie Sticks; Cucumber Wheels, Carrot Sticks, Celery Sticks, Pepper Strips Assorted Fruit, Milk</p>	<p><b>6/19</b></p> <p><b>No School: Juneteenth</b></p>	<p><b>6/20</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>	<p><b>6/21</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>
<p><b>6/24</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>	<p><b>6/25</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>	<p><b>Salem</b> SCHOOL'S OUT FUN IS ON</p> <p><b>It's time for FREE Summer Meals!</b> Join us at multiple sites throughout Salem from July 8th - August 16th</p> <p>scan here to learn more:</p> 		



**New Entry Local Vendor Spotlight:**  
Wendy and John Shairs - Nettle Nook Farm

Wendy and John Shairs, who both grew up with large family gardens, began farming with New Entry in 2018. They cultivate around 50 different types of herbs and various fruits and vegetables on their acre of land in Danvers. They are committed to "food as medicine" and Advocate for organic food. They cherish the supportive New Entry community and look forward to graduating from the incubator program in 2024, with plans to expand into flowers, dried herbs, and a farm stand to boost their business.




**Daily Vegetarian Grab and Go Lunch Options:**  
Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!

**Milks Offered Daily**  
Skim Milk: >0.5% Fat  
1% Milk: 1% Fat



# ECC & Pre-K Schools Lunch Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6/3</b></p> <p>Chicken Tenders with whole grain Dinner Roll &amp; Assorted Dipping Sauces Or Tuna Salad Wrap on whole wheat Tortilla</p> <p>Vegetable of the Day: Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk</p>	<p><b>6/4</b></p> <p>Beef Nacho on whole grain Tortilla Chips with Shredded Cheese Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers</p> <p>Vegetable of the Day: Shredded Lettuce, Salsa, Stewed Kidney Beans Assorted Fruit, Milk</p>	<p><b>6/5</b></p> <p>Whole grain Mac and Cheese with Fish Sticks Or Chefs Choice Vegetable of the Day: Tomato &amp; Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk</p>	<p><b>6/6</b></p> <p>Ham and Cheese Melt on Whole Wheat Croissant Or Yogurt &amp; Fresh Fruit Plate with whole grain Crackers</p> <p>Vegetable of the Day: Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk</p>	<p><b>6/7</b></p> <p>whole grain Pizza Or Chefs Choice Vegetable of the Day: Veggie Cruncher Garden Salad Assorted Fruit, Milk</p>
<p><b>6/10</b></p> <p>Cheeseburger or Hamburger on whole grain Bun Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers</p> <p>Vegetable of the Day: Red Bliss Roasted Potato Wedges, Lettuce &amp; Tomato, Steamed Corn Assorted Fruit, Milk</p>	<p><b>6/11</b></p> <p>Grilled Cheese on whole wheat Bread Or Chefs Choice Vegetable of the Day: Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk</p>	<p><b>6/12</b></p> <p>Kelp "Meat"balls with Marinara Sauce &amp; Dinner Roll Or Yogurt &amp; Fresh Fruit Plate with whole grain Crackers</p> <p>Vegetable of the Day: Kale Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk</p>	<p><b>6/13</b></p> <p>Mandarin Orange Chicken with whole grain Vegetable Fried Rice Or Turkey and Cheese Sandwich on whole wheat Bread</p> <p>Vegetable of the Day: Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk</p>	<p><b>6/14</b></p> <p>whole grain Pizza Or Chefs Choice Vegetable of the Day: Farm Fresh Veggie Sticks Romaine Salad Assorted Fruit, Milk</p>
<p><b>6/17</b></p> <p>Chicken Patty on whole grain Bun Or Chefs Choice Vegetable of the Day: Lettuce &amp; Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk</p>	<p><b>6/18</b></p> <p>Turkey &amp; Cheese on whole grain Bread Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers</p> <p>Vegetable of the Day: Farm Fresh Veggie Sticks; Cucumber Wheels or Pepper Strips Assorted Fruit, Milk</p>	<p><b>6/19</b></p> <p><b>No School: Juneteenth</b></p>	<p><b>6/20</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>	<p><b>6/21</b></p> <p>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</p>
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**Daily Vegetarian Grab and Go Lunch Options:**  
Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!

**Milks Offered Daily**  
Skim Milk: >0.5% Fat  
1% Milk: 1% Fat






# Pathways Lunch Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6/3</b> Chicken Tenders with whole grain Dinner Roll & Assorted Dipping Sauces Vegetable of the Day: Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk	<b>6/4</b> Beef Nacho on whole grain Tortilla Chips with Shredded Cheese Vegetable of the Day: Shredded Lettuce, Salsa, Stewed Kidney Beans Assorted Fruit, Milk	<b>6/5</b> Whole grain Mac and Cheese with Fish Sticks Vegetable of the Day: Tomato & Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk	<b>6/6</b> Ham and Cheese Melt on Whole Wheat Croissant Vegetable of the Day: Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk	<b>6/7</b> whole grain Pizza Vegetable of the Day: Veggie Cruncher Garden Salad Assorted Fruit, Milk
<b>6/10</b> Cheeseburger or Hamburger on whole grain Bun Vegetable of the Day: Red Bliss Roasted Potato Wedges, Lettuce & Tomato, Steamed Corn Assorted Fruit, Milk	<b>6/11</b> Grilled Cheese on whole wheat Bread Vegetable of the Day: Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk	<b>6/12</b> Kelp "Meat"balls with Marinara Sauce & Dinner Roll Vegetable of the Day: Kale Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk	<b>6/13</b> Mandarin Orange Chicken with whole grain Vegetable Fried Rice Vegetable of the Day: Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk	<b>6/14</b> whole grain Pizza Vegetable of the Day: Farm Fresh Veggie Sticks Romaine Salad Assorted Fruit, Milk
<b>6/17</b> Chicken Patty on whole grain Bun Vegetable of the Day: Lettuce & Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk	<b>6/18</b> Turkey & Cheese on whole grain Bread Vegetable of the Day: Farm Fresh Veggie Sticks; Cucumber Wheels or Pepper Strips Assorted Fruit, Milk	<b>6/19</b> No School: Juneteenth	<b>6/20</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens	<b>6/21</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens
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 Yogurt and Granola Grab and Go  
 Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!

**Milks Offered Daily**  
 Skim Milk: >0.5% Fat  
 1% Milk: 1% Fat



**Please Note:** If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

# Collins Middle School Lunch Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6/3</b> Chicken Tenders with whole grain Dinner Roll & Assorted Dipping Sauces Or Tuna Salad Wrap on whole wheat Tortilla Vegetable of the Day: Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk	<b>6/4</b> Beef Nacho on whole grain Tortilla Chips with Shredded Cheese Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers Vegetable of the Day: Shredded Lettuce, Diced Tomato, Salsa, Stewed Kidney Beans Assorted Fruit, Milk	<b>6/5</b> Whole grain Mac and Cheese with Fish Sticks Or Chefs Choice Vegetable of the Day: Tomato & Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk	<b>6/6</b> Ham and Cheese Melt on Whole Wheat Croissant Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk	<b>6/7</b> whole grain Pizza Or Chefs Choice Vegetable of the Day: Veggie Cruncher Garden Salad Assorted Fruit, Milk
<b>6/10</b> Cheeseburger or Hamburger on whole grain Bun Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers Vegetable of the Day: Red Bliss Roasted Potato Wedges, Lettuce & Tomato, Corn on the Cob Assorted Fruit, Milk	<b>6/11</b> Grilled Cheese on whole wheat Bread Or Chefs Choice Vegetable of the Day: Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk	<b>6/12</b> Kelp "Meat"balls with Marinara Sauce & Dinner Roll Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Kale and Cranberry Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk	<b>6/13</b> Mandarin Orange Chicken with whole grain Vegetable Fried Rice Or Turkey and Cheese Sandwich on whole wheat Bread Vegetable of the Day: Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk	<b>6/14</b> whole grain Pizza Or Chefs Choice Vegetable of the Day: Farm Fresh Veggie Sticks Romaine Salad Assorted Fruit, Milk
<b>6/17</b> Chicken Patty on whole grain Bun Or Chefs Choice Vegetable of the Day: Lettuce & Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk	<b>6/18</b> Turkey & Cheese on whole grain Bread Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Farm Fresh Veggie Sticks; Cucumber Wheels, Carrot Sticks, Celery Sticks, Pepper Strips Assorted Fruit, Milk	<b>6/19</b> No School: Juneteenth	<b>6/20</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens	<b>6/21</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens
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 Yogurt and Granola Grab and Go  
 Hummus and Veggie Grab and Go

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- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!

**Milks Offered Daily**  
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 1% Milk: 1% Fat

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# New Liberty & Prep School Lunch Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6/3</b></p> <p>Buffalo or Plain Chicken Tenders with whole grain Dinner Roll &amp; Assorted Dipping Sauces Or Tuna Salad Wrap on whole wheat Tortilla Vegetable of the Day: Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk</p>	<p><b>6/4</b></p> <p>Pulled Pork Nacho on whole grain Tortilla Chips with Shredded Cheese Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers Vegetable of the Day: Shredded Lettuce, Diced Tomato, Salsa, Stewed Kidney Beans Assorted Fruit, Milk</p>	<p><b>6/5</b></p> <p>Whole grain Mac and Cheese with Fish Sticks Or Chefs Choice Vegetable of the Day: Tomato &amp; Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk</p>	<p><b>6/6</b></p> <p>Ham and Cheese Melt on Whole Wheat Croissant Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk</p>	<p><b>6/7</b></p> <p>Steak and Cheese on whole grain Sub Roll Or Chefs Choice Vegetable of the Day: Sautéed Peppers &amp; Onions, Oven-baked Fries, Garden Salad Assorted Fruit, Milk</p>
<p><b>6/10</b></p> <p>Cheeseburger or Hamburger on whole grain Bun Or Hummus and Farm Fresh Veggie Sticks with whole wheat Crackers Vegetable of the Day: Red Bliss Roasted Potato Wedges, Lettuce &amp; Tomato, Corn on the Cob Side Garden Salad Assorted Fruit, Milk</p>	<p><b>6/11</b></p> <p>Grilled Cheese on whole wheat Bread Or Chefs Choice Vegetable of the Day: Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk</p>	<p><b>6/12</b></p> <p>Kelp "Meat"balls with Marinara Sauce &amp; Dinner Roll Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Kale and Cranberry Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk</p>	<p><b>6/13</b></p> <p>Mandarin Orange Chicken with whole grain Vegetable Fried Rice Or Turkey and Cheese Sandwich on whole wheat Bread Vegetable of the Day: Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk</p>	<p><b>6/14</b></p> <p><i>Breakfast For Lunch:</i> Chefs Choice Style Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries Assorted Fruit, Milk</p>
<p><b>6/17</b></p> <p>Chicken Patty on whole grain Bun Or Chefs Choice Vegetable of the Day: Lettuce &amp; Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk</p>	<p><b>6/18</b></p> <p>Turkey &amp; Cheese on whole grain Bread Or Yogurt &amp; Fresh Fruit Plate with whole grain Graham Crackers Vegetable of the Day: Farm Fresh Veggie Sticks; Cucumber Wheels, Carrot Sticks, Celery Sticks, Pepper Strips Assorted Fruit, Milk</p>	<p><b>6/19</b></p> <p><b>No School: Juneteenth</b></p>	<p><b>6/20</b></p> <p><i>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</i></p>	<p><b>6/21</b></p> <p><i>Join us from July 8th to August 16th for Fun Activities &amp; Free Meals for Kids and Teens</i></p>
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# Salem High School Lunch Menu: June

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<b>6/3</b> Buffalo or Plain Chicken Tenders with whole grain Dinner Roll & Assorted Dipping Sauces Vegetable of the Day: Steamed Green Beans, Baked Sweet Potato Fries Assorted Fruit, Milk	<b>6/4</b> Pulled Pork Nacho on whole grain Tortilla Chips with Shredded Cheese Vegetable of the Day: Shredded Lettuce, Diced Tomato, Salsa, Stewed Kidney Beans Assorted Fruit, Milk	<b>6/5</b> Whole grain Mac and Cheese with Fish Sticks Vegetable of the Day: Tomato & Cucumber Salad Lemon Zest Broccoli Assorted Fruit, Milk	<b>6/6</b> Ham and Cheese Melt on Whole Wheat Croissant Vegetable of the Day: Red Bliss Potato Wedges, Roasted Italian Vegetables Assorted Fruit, Milk	<b>6/7</b> Steak and Cheese on whole grain Sub Roll Vegetable of the Day: Sautéed Peppers & Onions, Oven-baked Fries, Garden Salad Assorted Fruit, Milk
<b>6/10</b> Cheeseburger or Hamburger on whole grain Bun Vegetable of the Day: Red Bliss Roasted Potato Wedges, Lettuce & Tomato, Corn on the Cob Side Garden Salad Assorted Fruit, Milk	<b>6/11</b> Grilled Cheese on whole wheat Bread Vegetable of the Day: Spinach and Strawberry Salad, Chickpea Salad Assorted Fruit, Milk	<b>6/12</b> Kelp "Meat"balls with Marinara Sauce & Dinner Roll Vegetable of the Day: Kale and Cranberry Salad, Chili Roasted Sweet Potatoes Assorted Fruit, Milk	<b>6/13</b> Mandarin Orange Chicken with whole grain Vegetable Fried Rice Vegetable of the Day: Stir Fry Vegetables Asian Rainbow Slaw Assorted Fruit, Milk	<b>6/14</b> <i>Breakfast For Lunch: Chefs Choice Style</i> Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries Assorted Fruit, Milk
<b>6/17</b> Chicken Patty on whole grain Bun Vegetable of the Day: Lettuce & Tomato, Baked Sweet Potato Fries Tomato Chickpeas Assorted Fruit, Milk	<b>6/18</b> Turkey & Cheese on whole grain Bread Vegetable of the Day: Farm Fresh Veggie Sticks; Cucumber Wheels, Carrot Sticks, Celery Sticks, Pepper Strips Assorted Fruit, Milk	<b>6/19</b> No School: Juneteenth	<b>6/20</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens	<b>6/21</b> Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens
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