



# Mount Prospect Lunch Menu

## June 2019

<p><b>3</b></p> <p>Mini Berry French Toast* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice*</p> <p>Baked Tater Tots</p> <p>Apple Sauce</p>	<p><b>4</b></p> <p>Sweet and Sour Chicken (G) over Whole Grain Rice</p> <p>Fresh Red Pepper Strips</p> <p>Fresh Pear</p>	<p><b>5</b></p> <p>Cheese* or Beef Nachos (GD)</p> <p>Roasted Carrots</p> <p>Diced Peaches in Juice</p>	<p><b>6</b></p> <p>Cheesy Baked Penne* (GD)</p> <p>Fresh Broccoli</p> <p>Pineapple Tidbits in Juice</p>	<p><b>7</b></p> <p>Mozzarella Sticks* (GD) with Marinara Sauce</p> <p>Steamed Corn</p> <p>Fresh Pear</p>
<p><b>10</b></p> <p>Grilled Cheese* (GD) OR Campfire Beans over WG Rice*</p> <p>Fresh Baby Carrots</p> <p>Apricot Halves in Juice</p>	<p><b>11</b></p> <p>Chicken Parm (GD) over Pasta (G)</p> <p>Red Pepper Strips</p> <p>Diced Pears in Juice</p>	<p><b>12</b></p> <p>Chicken Tenders (G) with Garlic Toast (GD)</p> <p>Fresh Zucchini Slices</p> <p>Fresh Apple</p>	<p><b>13</b></p> <p>Bacon Egg and Cheese Biscuit (GED)</p> <p>Baked French Fries</p> <p>Applesauce</p>	<p><b>14</b></p> <p>Chicken Pot Pie (GD)</p> <p>Fresh Cucumber Slices</p> <p>Fruit Cup in Juice</p>
<p><b>17</b></p> <p>French Toast Sticks* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice*</p> <p>Baked Hash Brown</p> <p>Fresh Orange</p>	<p><b>18</b></p> <p>All Beef Hot Dog on a Bun (G)</p> <p>Baked French Fries</p> <p>Fresh Apple</p>	<p><b>19</b></p> <p><b>1/2 Day No Lunches Served</b></p>	<p><b>20</b></p> <p><b>1/2 Day Last Day of School No Lunches Served Have a Great Summer!</b></p>	<p><b>21</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
			<p><u>New Snack Offering on Wednesdays and Fridays!</u></p> <p><b>Ice Milk Novelties</b> \$1.50</p> <p>Made with either non-fat or skim milk</p> <p>All cones whole grain rich Made in a nut free facility</p>	<p><u>Allergen Key</u></p> <p>G – Gluten</p> <p>E – Egg</p> <p>D – Dairy</p> <p><b>*Vegetarian Options*</b></p>

### More info...Meatless Mondays!

Lunch Price \$2.60  
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

### Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.  
**For lunch related information Visit:**  
<http://bernards.schooldish.com>