

# June 2017

## Tamworth Tigers Cub Cafe



**School Information:** LF & Skim Milk are served with all meals. Hearty Breakfast offered every morning. Fresh Fruit or Vegetables are available to all students daily.

USDA and this school are equal opportunity employers



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
*Good nutrition and healthy lifestyle choices for our students.  
 Making a difference one bite at a time!*



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Alternates:**  
 May 30-June 2: Tuna Sandwich  
 June 5-June 9: Egg Salad Sandwich  
 June 12-June 15: Chicken Salad

1  
 Grilled Cheese  
 Tomato Soup  
 Salad  
 Fruit

2  
**Pizza Party**  
 WG Pepperoni Pizza  
 Salad  
 Fruit

5  
 Fish Nuggets  
 French Fries  
 Carrots  
 Fruit  
 Ginger Bread  
*National Gingerbread Day!*

6  
 Chicken Tacos  
 Mexican Rice  
 Salad Bar  
 Fruit

7  
 Spaghetti & Meat sauce  
 Green Beans  
 Garlic Bread  
 Fruit

8  
 Baked Beans  
 Corn Dogs  
 Tomato & Cucumbers  
 Fruit

9  
**Pizza Party**  
 WG Cheese Pizza  
 Salad  
 Fruit

12  
 Blueberry Pancakes  
 Roasted Veggies  
 Baked Ham  
 Fruit

13  
 Shepherd's Pie  
 WG Dinner Roll  
 Waxed Beans  
 Fruit

14  
 Chicken Alfredo  
 Broccoli  
 Cinnamon Roll  
 Fruit

15  
**BBQ**  
 Hamburgers  
 Macaroni Salad  
 Corn on the Cob  
 Fruit

16  
 WG Cheese Pizza  
 Veggie Sticks  
 Fruit  
**Early Release**  
*Last day of School*

19

20  
 Parents  
 Join us on the evening of  
 June 13<sup>th</sup> from 5-7pm for our  
**Family Fun Night & BBQ**

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*Enjoy Your Summer!*

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