**Chenango Forks Elementary School**

This institution is an equal opportunity provider. Menus are subject to change.

### Daily Breakfast Options:
- Students must select 1 Fruit and/or Juice (pick one or two)
- M/W/Th/F: Cereal and/or Muffin Top (pick one or two)

### Weekly Salads:
- 6/3-6/7: Turkey Bacon Ranch
- 6/10-6/14: Popcorn Chicken
- 6/17-6/21: Chef Salad

### Weekly Sandwiches:
- M/W: Turkey/Cheese
- T,Th: Ham/Cheese
- Fri: Tuna Fish

### Daily Breakfast Options:
- PB & Jelly Sandwich
- All options served w/same fruit and vegetable of the day
- 100% Juice available daily at lunch

### Milk Choices:
- Unflavored—1%
- Chocolate—1%

**Parents:**
If your child has an outstanding balance on their lunch account, please make a payment directly to the district’s lunch program or online at www.myschoolbucks.com. All accounts need to be paid up to date before the end of the current school year.

Thank you!
Cafeteria Staff

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### Menus for June 2019

<table>
<thead>
<tr>
<th>Monday, June 3</th>
<th>Tuesday, June 4</th>
<th>Wednesday, June 5</th>
<th>Thursday, June 6</th>
<th>Friday, June 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Frudel</td>
<td>Choice of Two:</td>
<td>Breakfast Pizza</td>
<td>Breakfast Sandwich</td>
<td></td>
</tr>
<tr>
<td>Assorted Fruit</td>
<td>Cinn. Bun, Cereal or Yogurt</td>
<td>Assorted Fruit</td>
<td>Assorted Fruit</td>
<td>Low Fat Milk</td>
</tr>
<tr>
<td>Low Fat Milk</td>
<td>Or Yogurt</td>
<td>Low Fat Milk</td>
<td>Low Fat Milk</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Popcorn Chicken</td>
<td>Taco on a Soft Shell</td>
<td>Cheeseburger on a</td>
<td>Cheese Ravioli</td>
<td>Homemade Pizza</td>
</tr>
<tr>
<td>Oven Baked Potato Wedges</td>
<td>w/Lettuce, Tomatoes, Salsa &amp; Sour Cream Seasoned Rice Corn</td>
<td>on a Bun</td>
<td>Garlic Breadstick</td>
<td>Cheese, Pepperoni or Garlic</td>
</tr>
<tr>
<td>Baby Carrots w/Dip &amp; Hummus Fresh Apple</td>
<td></td>
<td>Glazed Carrots Chilled Peaches</td>
<td>Steamed Broccoli</td>
<td>Garden Salad w/Chickpeas</td>
</tr>
<tr>
<td>Low Fat Milk</td>
<td>Chilled Mixed Fruit</td>
<td>Low Fat Milk</td>
<td>Chilled Pears</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>BBQ Cook Out!!</td>
<td>Meatball Sub</td>
<td>Cheese Ravioli</td>
<td>Homemade Pizza</td>
<td>Stuffed Crust Pizza</td>
</tr>
<tr>
<td>Hot Dog or Hamburger on a Roll</td>
<td>Harvest Cheddar Sun Chips</td>
<td>Garlic Breadstick</td>
<td>Garden Salad w/Chickpeas</td>
<td>Garden Salad</td>
</tr>
<tr>
<td>Baked Beans Pasta Salad</td>
<td>Sliced Cucumbers w/Hummus &amp; Dip</td>
<td>Steamed Broccoli</td>
<td>Glazed Carrots Chilled Pears</td>
<td>w/Chickpeas</td>
</tr>
<tr>
<td>Watermelon Sherbet Cup</td>
<td>Chilled Applesauce</td>
<td>Chilled Peaches</td>
<td>Chilled Pears</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>Low Fat Milk</td>
<td>Low Fat Milk</td>
<td>Low Fat Milk</td>
<td>Low Fat Milk</td>
<td>Low Fat Milk</td>
</tr>
</tbody>
</table>

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**For up-to-date information on free summer meals for kids:**
- Call the 2-1-1 HELPLINE by dialing 2-1-1 (or 1-800-901-2180)
- Visit www.helpline211.org or www.foodbankst.org/find-food (Use filters to search for Summer Meal Sites in Broome)
- Text FOOD to 877-877
- Like this page on Facebook: www.facebook.com/BCCHTF

Check back often as more sites are added throughout the month of June!
### Monday, June 17
**Breakfast**
- Frudel
- Assorted Fruit
- Low Fat Milk

**Lunch**
- Chicken Nuggets w/Dipping Sauce
- Oven Baked Seasoned Fries
- Glazed Carrots
- Fresh Apple
- Low Fat Milk

### Tuesday, June 18
**Breakfast**
- Choice of Two:
  - Cinn. Bun, Cereal or Yogurt
  - Assorted Fruit
  - Low Fat Milk

**Lunch**
- Taco Salad
  - w/Lettuce, Tomatoes, Salsa & Sour Cream Seasoned Rice
  - Corn
  - Chilled Mixed Fruit
  - Low Fat Milk

### Wednesday, June 19
**Breakfast**
- Breakfast Pizza
- Assorted Fruit
- Low Fat Milk

**Lunch**
- Fruit/Yogurt Parfait
  - Mozz. String Cheese
  - Ultimate Breakfast Round
  - Veggie Cruncher Cup w/Hummus
  - Chilled Applesauce
  - Low Fat Milk

### Thursday, June 20
**Breakfast**
- Assorted Breakfast Items
- Mini Cinnis
- Mini Pancakes
- Frudels
- Assorted Fruit / Milk

**Lunch**
- Cheese Lasagna
  - Garlic Breadstick
  - Green Beans
  - Chilled Peaches
  - Low Fat Milk

### Friday, June 21
**Breakfast**
- Assorted Cereals & Muffins Tops
  - Assorted Fruit
  - Low Fat Milk

**Lunch**
- Assorted Pizzas
  - Garden Salad
  - w/Chickpeas
  - Assorted Fruit
  - Low Fat Milk

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**Queueing**

"Queueing," (pronounced “q-ing”) means “standing in or forming a line.” It’s the only common English word that contains 5 vowels in a row. It’s as if they were standing in line, too!

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**YOUR ASSIGNMENT**

HAVE A GREAT SUMMER!

If you’re graduating, best of luck.
If not, we’ll see you in a few months!