



# Mount Union FREE Summer Lunch Menu June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6/6/22</b> Pizza Casserole Garlic Stick	<b>6/7/22</b> Toasted Cheese Sandwich	<b>6/8/22</b> Mashed Potato Bowl with a roll	<b>6/9/22</b> Ham & Cheese Croissant	<b>6/10/22</b> <b>REMEMBER THERE ARE: NO RESTRICTIONS</b>  <b>NO INCOME REQUIRMENTS</b>  <b>EVERYONE IS WELCOME!!</b>  <b>COME FOR A GOOD MEAL 11AM to 12:30PM</b>
<b>Featured Veggies:</b> Steamed Green Beans	<b>Featured Veggies:</b> Tomato Soup	<b>Featured Veggies:</b> Steamed Corn	<b>Featured Veggies:</b> Oven Fries	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
<b>6/13/22</b> Chicken Alfredo over Penne Garlic Bread Stick	<b>6/14/22</b> Turkey Club  Chicken Noodle Soup	<b>6/15/22</b> Chicken Nuggets with a whole grain roll	<b>6/16/22</b> Walking Taco with Whole Grain Roll	<b>6/17/22</b>   <b>CLOSED ON FRIDAYS</b>
<b>Featured Veggies:</b> Steamed Peas	<b>Featured Veggies:</b> Steamed Broccoli	<b>Featured Veggies:</b> Scalloped Potatoes	<b>Featured Veggies:</b> Steamed Rice	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
<b>6/20/22</b> Chicken and Gravy Over Waffles	<b>6/21/22</b> Loaded Tator Tots 	<b>6/22/22</b> Spaghetti & Meatballs Garlic Stick	<b>6/23/22</b> Cheese Burger On a wg Bun	<b>6/24/22</b>   <b>SORRY CLOSED ON FRIDAYS</b>
<b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Fresh Veggie Medley  Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Toss salad  Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Curly Fries  Choice of Fruit Choice of Milk	
<b>6/27/22</b> Macaroni & Cheese Garlic Stick	<b>6/28/22</b> Fruit Cravable goldfish crackers	<b>6/29/22</b> Hot Turkey Sandwich	<b>6/30/22</b> BBQ RIBS on a roll	<b>7/1/22</b>   <b>SORRY CLOSED ON FRIDAYS</b>
<b>Featured Veggies:</b> Steamed Green Beans Stewed Tomatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Steamed Peas Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Tator Tots  Choice of Fruit Choice of Milk	
<b>7/4/22</b> <b>Sorry</b> <b>We are closed today.</b>	<b>7/5/22</b> Grilled Cheese  <b>Featured Veggies:</b> Tomato Soup  Choice of Fruit Choice of Milk	<b>7/6/22</b> Mashed Potato Bowl with a roll  <b>Featured Veggies:</b> Steamed Corn  Choice of Fruit Choice of Milk	<b>7/7/22</b> Cheese Burger On a wg Bun  <b>Featured Veggies:</b> Curly Fries  Choice of Fruit Choice of Milk	<b>7/8/22</b>   <b>SORRY CLOSED ON FRIDAYS</b>
<b>REMEMBER THERE ARE: NO RESTRICTIONS</b>  <b>NO INCOME REQUIRMENTS</b>  <b>EVERYONE IS WELCOME!!</b>  <b>COME FOR A GOOD MEAL 11AM to 12:30PM</b>	At least three choices at day  <b>Free      Free</b>  <b>Free</b>  <b>Free      Free</b>  <b>Free</b>	<b>SCHOOL IS OUT FOR THE SUMMER!!!</b>  <b>BUT DON'T WORRY YOU CAN STILL COME TO THE HIGH SCHOOL CAFETERIA FOR A GREAT MEAL.</b>  <b>KIDS EAT FREE!!!!!!</b>	<b>Starts June 6th</b>  <b>Ends August 4th</b>    <b>Eat in only.</b>	<b>GAMES</b>  Air Conditioned    <b>SORRY CLOSED ON FRIDAYS</b>
<b>KIDS AGE 18 &amp; UNDER FREE      Adult Lunch \$3.00</b>				

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

