

June 2021

WAKEFIELD-MARENISCO



School Information: Milk and water with all meals.

**Fruits and Vegetables Daily

*****MENU SUBJECT TO CHANGE*****



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato!



Reference: USDA MyPlate

Monday



7

Tuesday

Mac & Cheese 1
Chicken

8

Wednesday

Hot Dog on Bun 2
Chips & Pickles
Beans

9

Thursday

Chicken Patty 3
Nacho Cheese & Chips

10

Friday

NOON RELEASE! 4
LAST DAY OF SCHOOL
^^
Bag Lunch~Outside

11

