



JUNE 2026 LUNCH SPECIALS



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>A La Carte</u> Entrée.....\$7.75 Vegan Entrée..\$5.50 Starch.....\$2.00 Vegetable.....\$2.00	1 Salmon Quinoa Bowl Vegan Quinoa Bowl Sweet Potato Kale Salad	2 Pork Tamales Vegan Tamales Rice & Beans Zucchini	3 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita	4 Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms	5 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad	6 Lemon Caper Chicken Steamed Rice Green Beans	
Sandwich.....\$7.00	Turkey Avocado	Chili Dog	Chicken Quesadilla	Ham & Chz Panini	BLT		
7 Lasagna Garlic Bread Creamed Spinach	8 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Greek Tuna Wrap	9 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Buffalo Chicken Sandwich	10 Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls Turkey Reuben	11 Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower Caesar Wrap	12 Gringo Tacos Vegan Tacos Spanish Rice Pico de Gallo & Chips Reuben	13 Beer Battered Cod Macaroni Salad Creamy Coleslaw	
14 Tacos Al Pastor Refried Beans Chips and Guac	15 Niçoise Salad Vegan Niçoise French Bread Gazpacho Turkey Pesto Panini	16 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Italian Sub	17 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	18 French Dip Stuffed Squash Potato Wedges Coleslaw Chicken Salad	19 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Turkey Reuben	20 Bento Beef Salad Soba Noodles Peas & Carrots	
21 BBQ Chicken Baked Beans Coleslaw	22 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Portabella Panini	23 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	24 Burger Bar Vegan Burger Bar Onion Rings Side Salad Tuna Melt	25 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	26 Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Steamed Veggies Club Sandwich	27 Flank Steak Baked Potato Roasted Cauliflower	
28 Tuna Avocado Boats Toasted Croissant Arugula Salad	29 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	30 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Philly Cheesesteak		Did you know? <ul style="list-style-type: none"> Everything is priced a la carte Entrées in GREEN are Vegan or Vegetarian Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 			

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Breakfast in Schools: Healthy and Nutritious

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Kids benefit from starting the day with a healthy breakfast. Research suggests that kids who eat breakfast regularly tend to be more alert in school and, therefore, are able to learn better.

Why Skip Out on Breakfast?

All households have their reasons. In some cases, getting kids up and out the door on time takes all the energy their parent or caregiver can muster at that hour of the day. Perhaps others may have financial issues that make obtaining nutritious food a challenge. And there may be kids who, like many adults, just find it difficult to eat first thing in the morning.

The Good News

Many schools throughout the country participate in the [USDA's School Breakfast Program](#), a program modeled after the [National School Lunch Program](#) to provide nutritious breakfasts to students at participating schools. Participation climbs yearly — about 100,000 schools and institutions currently offer school breakfast. In 2022, approximately 15.3 million children participated in school breakfast on any given day. A large majority receive their meals free or at a reduced price.

According to the USDA, school breakfasts must meet the applicable recommendations of the *Dietary Guidelines for Americans* and are designed to ensure that students enter the classroom well-nourished and ready to learn. While types of food vary because specific nutritional guidelines must be met, children can expect a milk; 100% juice or fruit and/or vegetable; a grain- or whole grain-based product such as cereal, toast or waffles; and sometimes hot options such as eggs or meat or meat alternative. Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions, as well as improved student behavior and attentiveness.

The Better News

There are criteria in order to qualify for free or reduced meal programs, but some schools have increased participation by offering free breakfast to all kids in the classroom. If you qualify for reduced or free breakfast, it's a good idea to take advantage of the program.