

June 2017

LOMIRA MEAL MENU

LUNCH



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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.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Patty on Bun
Golden French Fries
Fresh Vegetable Tray
Chilled Fruit
Brkfst: Baked Oatmeal
Ala Carte: Hot Ham Bun

1

Cheesy Pizza
Lettuce Salad w/Veggies
Garlic Breadstick
Chilled Pineapple
Brkfst: Yogurt Parfait
Ala Carte: Cook's Choice

2

Chicken Tenders
Hashbrown Potato
Vegetables
Chilled Fruit
Brkfst: Cook's Choice
Ala Carte: Cook's Choice

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ENJOY YOUR

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SUMMER !!

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