



MAY 2025

North Union EL/M/MS Swea City Campus

Monday

Wednesday

Friday

Great Summer Breakfast & Lunch Ideas						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast:</b> waffles, fruit <b>Lunch:</b> chicken alfredo, breadstick, garden salad, baby carrots, peaches	<b>Breakfast:</b> cinnamon roll, fruit <b>Lunch:</b> rib on WG bun, corn, sliced cucumbers, mixed fruit	<b>Breakfast:</b> combo bar, fruit <b>Lunch:</b> chinese chicken, rice, garden salad, b/b sandwich, mandarin oranges	<b>Breakfast:</b> strawberry cream cheese bagel, fruit <b>Lunch:</b> salisbury steak, mashed potatoes, gravy, dinner roll, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> cripitos, chili, cheese, romaine, b/b sandwich, pears	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> cheeseburger on WG bun, potato wedges, romaine, sliced tomatoes, pears	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> chicken patty on WG bun, green beans, sliced cucumbers, pears
<b>Breakfast:</b> pancake bites, fruit <b>Lunch:</b> mini corndogs, steamed carrots, b/b sandwich, pineapple	<b>Breakfast:</b> breakfast pizza, fruit <b>Lunch:</b> chicken nuggets, mashed potatoes, gravy, dinner roll, mixed fruit	<b>Breakfast:</b> muffin, fruit <b>Lunch:</b> spaghetti w/meat sauce, breadstick, garden salad, baby carrots, peaches	<b>Breakfast:</b> cheese omelet, fruit <b>Lunch:</b> softshell taco, refried beans, romaine, diced tomatoes, cheese, apple slices	<b>Breakfast:</b> uncrustable, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> cheese breadsticks, marinara sauce, garden salad, baby carrots, mixed fruit	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> popcorn chicken, mashed potatoes, gravy, dinner roll, mandarin oranges
<b>Breakfast:</b> french toast sticks, fruit <b>Lunch:</b> pizza, fresh veggies, pears	<b>Breakfast:</b> breakfast bagel, fruit <b>Lunch:</b> french toast sticks, fruit	<b>Breakfast:</b> pancake on stick, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices	<b>Breakfast:</b> long john, fruit <b>Lunch:</b> chicken fajitas, romaine, cheese, fajita veggies, apple slices
						<b>A</b> <b>HAVE</b> <b>SUMMER</b>

This Institution  
is an Equal Opportunity  
Provider

**SUMMER**  
**GREAT**

A

HAVE

- \* 100% juice and skim or 1% (unflavored) milk served daily w/breakfast
- \* skim, 1% (unflavored) or fat free chocolate milk daily/ lunch
- \* salad bar served daily as an alternate meal for middle school students

\*WG = whole grains  
\*many subject to change