

Newark Board of Education

June 2022 Secondary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Meatball Hero w/cheese Spinach Salad ¾ c Peaches ½ c Salad Dressing ½ Pt. L.F. Assorted Milk	7 Crispy Chicken fillet on Bun Potato Wedges ¾ c Shredded Lettuce & Tomatoes ¾ c Pears ½ BBQ Sauce, Ketchup ½ Pt. L.F. Assorted Milk	8 Turkey Ham & Cheese on Roll Romaine Salad w/Seasoned Croutons Cheez It's Fresh Orange Salad Dressing, Mayo ½ Pt. L.F. Assorted Milk	9 Oven Roasted Chicken Sweet Potato Fries ¾ c Sun Chips Fresh Grapes ½ Pt. L.F. Assorted Milk	10 Fresh Baked Pizza Iceberg Wedge w/ grape Tomatoes ¾ c Fresh Pear Dressing (Italian, Blue Cheese, Russian) ½ Pt. L.F. Assorted Milk
13 Cheeseburger on Bun Shredded Lettuce & Tomatoes ¾ c Sweet Potato or Oven Fries ¾ c Sliced Pears ½ Ketchup 1/2 Pt. L.F. Assorted Milk	14 Sloppy Joe on Bun Broccoli ¾ c Fresh Apple ½ Pt. L.F. Assorted Milk	15 Cheeseburger w/ Sautéed Onions On WW Hamburger Bun Sweet Potatoes Fries ¾ Fresh Orange ½ Pt. L.F. Assorted Milk	16 Oven Roasted Turkey & Cheese, Lettuce & Tomato Hero Sub Roll Three (3) Bean Salad ¾ c Fresh Grapes ½ Pt. L.F. Assorted Milk	17 Fresh Baked Pizza Iceberg Wedge w/ grape Tomatoes ¾ c Fresh Pear Dressing (Italian, Blue Cheese, Russian) ½ Pt. L.F. Assorted Milk
20 BOX #1 RED Cheeseburger on Bun Shredded Lettuce & Tomatoes ¾ c Sweet Potato or Oven Fries ¾ c Sliced Pears ½ Ketchup 1/2 Pt. L.F. Assorted Milk OR BOX #2 BLUE Turkey Ham & Cheese on Roll Romaine Salad w/Seasoned Croutons, Cheez It's Fresh Orange Salad Dressing, Mayo 1/2 Pt. L.F. Assorted Milk OR BOX #3 WHITE Oven Roasted Turkey & Cheese, Lettuce & Tomato Hero Sub Roll Carrot Sticks w/Ranch Dressing, Mayo Fresh Pear, Sun Chips ½ Pt. L.F. Assorted Milk	21 BOX #1 RED Cheeseburger on Bun Shredded Lettuce & Tomatoes ¾ c Sweet Potato or Oven Fries ¾ c Sliced Pears ½ Ketchup 1/2 Pt. L.F. Assorted Milk OR BOX #2 BLUE Turkey Ham & Cheese on Roll Romaine Salad w/Seasoned Croutons, Cheez It's Fresh Orange Salad Dressing, Mayo 1/2 Pt. L.F. Assorted Milk OR BOX #3 WHITE Oven Roasted Turkey & Cheese, Lettuce & Tomato Hero Sub Roll Carrot Sticks w/Ranch Dressing, Mayo Fresh Pear, Sun Chips ½ Pt. L.F. Assorted Milk	22 BOX #1 RED Cheeseburger on Bun Shredded Lettuce & Tomatoes ¾ c Sweet Potato or Oven Fries ¾ c Sliced Pears ½ Ketchup 1/2 Pt. L.F. Assorted Milk OR BOX #2 BLUE Turkey Ham & Cheese on Roll Romaine Salad w/Seasoned Croutons, Cheez It's Fresh Orange Salad Dressing, Mayo 1/2 Pt. L.F. Assorted Milk OR BOX #3 WHITE Oven Roasted Turkey & Cheese, Lettuce & Tomato, Hero Sub Roll Carrot Sticks w/Ranch Dressing, Mayo Fresh Pear, Sun Chips ½ Pt. L.F. Assorted Milk	23 BOX #1 RED Cheeseburger on Bun Shredded Lettuce & Tomatoes ¾ c Sweet Potato or Oven Fries ¾ Sliced Pears ½ Ketchup ½ Pt. L.F. Assorted Milk OR BOX #2 BLUE Turkey Ham & Cheese on Roll Romaine Salad w/Seasoned Croutons ,Cheez It's Fresh Orange Salad Dressing, Mayo 1/2 Pt. L.F. Assorted Milk OR BOX #3 WHITE Oven Roasted Turkey & Cheese, Lettuce & Tomato, Hero Sub Roll Carrot Sticks w/Ranch Dressing, Mayo Fresh Pear, Sun Chips ½ Pt. L.F. Assorted Milk	24
28	29	30		

Menu is subject to change due to:
Weather, Calendar Changes, Administrative Directive, Equipment Malfunction and/or Product Availability

