

# Emily Howland Elementary School Menu

Menu Subject to Change

Emily Howland School District Is An Equal Opportunity Provider and Employer

## June 2019

### Second Choice

Fresh Chicken Club Salad  
Turkey & Cheese Sandwich

PB & J and Yogurt Meal  
Also available

Breakfast	\$1.50
Lunch	
Elementary Schools	\$2.45
High Schools	\$2.55
Milk	\$0.50

Visit our website to print an application and to view menus.

[www.southern cayuga.org](http://www.southern cayuga.org)

What do you give a sick lemon?

Lemon-aid

### MONDAY

3-B

Cheeseburger  
On Bun  
Baked Beans  
Sweet Potato Fries

10-C

Chicken Nuggets  
W/Dipping Sauce  
Seasoned Carrots  
Sweet Potato Fries

17-D

Cheeseburger  
On Bun  
French Fries  
Baked Beans

24-C

Cook's Choice

### TUESDAY

4-C

Taco Tuesday  
W/Lettuce, Tomato &  
Cheese  
Refried Bean Dip  
Seasoned Corn

11-D

Taco  
W/Lettuce, Tomato  
& Cheese  
Seasoned Corn  
Baked Beans

18-A

Meat Sauce  
With Pasta  
Texas Toast  
Green Beans  
Corn

25-D

Chicken Nuggets  
W/Dipping Sauce  
Vegetable  
Surprise

### WEDNESDAY

5-D

Chicken Patty  
on Bun  
French Fries  
Seasoned Carrots

12-A

Chicken Alfredo  
Dinner Roll  
Seasoned Broccoli  
Green Beans

19-B

Chicken Patty  
On Bun  
Sweet Potato Fries  
Seasoned Carrots

26

### THURSDAY

6-A

Deli Day  
Turkey w/Lettuce,  
Tomato & Cheese  
on Sub Roll  
Dill Pickles  
Green Beans

13-B

Turkey Gravy  
Over Mashed Potato  
Dinner Roll  
Seasoned Corn

20-C

Picnic Day  
Hot Dogs  
On Bun  
Fresh Carrots  
100% vegetable  
Dragon Juice

27

Happy summer

### FRIDAY

7-B

Homemade Pizza  
Garden Salad  
W/Dressing  
Seasoned Broccoli

14-C

Homemade Pizza  
Garden Salad  
W/Dressing  
Seasoned Broccoli

21-D

Assorted Pizzas  
Garden Salad  
W/Dressing  
Seasoned Broccoli

Available with All

Lunches  
Assorted Fresh Fruit &  
Canned Fruit  
Choice Milk

### Summer Food Service Program

Check the USDA Website for a Summer Lunch Program Near You.

[www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)