

# June 2019

## Just A Dash Catering

### LUNCH



**School Information:** 1 % White and Fat  
**Free Chocolate Variety Vegetable and Fruit Bar, & PB & J.** Light Italian, ranch, & French Dressing  
Ketchup, Mayo, and Yellow Mustard offered



**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

Chicken Sandwich  
Golden Fries  
Fresh Fruit  
WG Bun  
Choice of Milk

3

### Tuesday

Cheese Pizza Slice  
WG Crust  
Green/Red Peppers/Hummus  
Fresh Fruit  
Choice of Milk

4

### Wednesday

5

### Thursday

6

### Friday

7

10

11

12

13

14

17

18

19

20

21

24

25

26

27

28

