

Menu for June 2023



Roslyn Public Schools

This institution is an equal opportunity provider. Menus are subject to change.

Monday, June 5

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School
Elementary
Pizza

Tuesday, June 6

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, June 7

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary Plain Pasta
or Pasta with Protein

Thursday, June 8

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, June 9

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School

Tangerine Chicken w/
Rice
Elementary & MS
Pizza

Monday, June 12

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary

Cin. French Toast
&
Egg Omelet

Tuesday, June 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, June 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Middle & High School
Elementary

Plain Pasta or Pasta with
Protein

Thursday, June 15

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary

The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, June 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School

Tangerine Chicken w/
Rice
Elementary & MS
Pizza

Thursday, June 1

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary

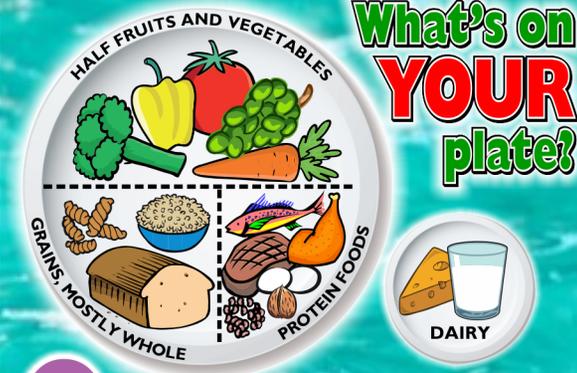
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Friday, June 2

Lunch

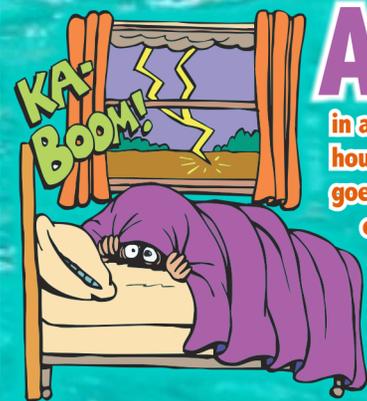
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School

Tangerine Chicken w/
Rice
Elementary & MS
Pizza



What's on
YOUR
plate?

Q: How long does food stay good in the fridge when the power goes out?



A: If the door isn't opened, food will stay good in a fridge for four hours after the power goes out. A full freezer can last up to 48 hours. Don't ever eat food that you think might have gone bad. Better safe than sorry!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

IN THE SWIM.

Have fun around the water this summer, but please BE SAFE. Every year, about 4,000 Americans drown, many of them kids. Kids under 14 are more likely to drown in a swimming pool, while teens 15 and older are more likely to drown while swimming in a river, lake, or ocean. Know your ability and your limitations. And don't swim alone.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Father's Day
June 18

Hang
out
with Dad!



Sphenopalatine Ganglioneuralgia



Try saying that 10 times fast . . .
or even once! That's the
scientific term for a condition
many of you might suffer
from this summer: the
"brain freeze" you get
when you slurp an icy
cold drink too quickly!



STRANGE BUT TRUE!



THE VIRGINIA OPOSSUM IS A VERY STRANGE CREATURE INDEED, AND IT MIGHT JUST LIVE IN YOUR NECK OF THE WOODS! IT'S THE ONLY NATIVE NORTH AMERICAN **MARSUPIAL** (THAT MEANS IT CARRIES ITS BABIES IN A POUCH LIKE A KANGAROO). WHEN THE BABIES ARE BORN, THEY WEIGH JUST **ONE-FIFTH OF A GRAM** - 2,000 NEWBORN OPOSSUMS ALL TOGETHER WOULD WEIGH **LESS THAN ONE POUND!** OPOSSUMS HAVE A "PREHENSILE" TAIL, WHICH MEANS THEY CAN USE IT **LIKE A HAND** TO HANG FROM TREE BRANCHES!

Monday, June 19



No
School
Today

Tuesday, June 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS & Elementary
The chicken item maybe
One of the following
Popcorn, Tenders or
Patty

Wednesday, June 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/Rice
Elementary & MS
Pizza



OUR 50 STATES



WASHINGTON

"The Evergreen State"

Admitted to the Union November 11, 1889 as the 42th State
State Capital: Olympia

HAVE A GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you in September.