



## Integration: South HS Breakfast - June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Jun 1, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 2, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Jun 4, 2023	Jun 5, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Jun 6, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 7, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 8, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 9, 2023 <ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Honey Oat Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 11, 2023	Jun 12, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 13, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Jun 14, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 15, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 16, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Jun 18, 2023	Jun 19, 2023 Closed	Jun 20, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 21, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 22, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 23, 2023 <ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• WGR Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 25, 2023	Jun 26, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Jun 27, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Jun 28, 2023 Closed	Jun 29, 2023 Closed	Jun 30, 2023 Closed	

This institution is an equal opportunity provider.



## Integration: South HS Lunch - June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Jun 1, 2023	Jun 2, 2023	Jun 3, 2023
				<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs:</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken Wings</li> <li>• Brown Rice and Beans</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 4, 2023	Jun 5, 2023	Jun 6, 2023	Jun 7, 2023	Jun 8, 2023	Jun 9, 2023	Jun 10, 2023
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Whole Grain Bread</li> <li>• Pears (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza</li> <li>• Broccoli</li> <li>• Baby Carrots</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> <li>• 100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Broccoli</li> <li>• Brown Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Brown Rice and Beans</li> <li>• Corn</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 11, 2023	Jun 12, 2023	Jun 13, 2023	Jun 14, 2023	Jun 15, 2023	Jun 16, 2023	Jun 17, 2023
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Diced Carrots</li> <li>• Pears (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Collard Greens</li> <li>• Whole Grain Bread (2)</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken WGR Lo Mein</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread (2)</li> <li>• Clementine (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• WGR Pasta Salad</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 18, 2023	Jun 19, 2023	Jun 20, 2023	Jun 21, 2023	Jun 22, 2023	Jun 23, 2023	Jun 24, 2023
Closed	Closed	<ul style="list-style-type: none"> <li>• Hamburger on a WGR Bun:</li> <li>• Cheese Slice</li> <li>• Potato Wedge</li> <li>• Diced carrots</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> <li>• Ketchup</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Chicken Parmesan</li> <li>• Whole Grain Pasta</li> <li>• Broccoli</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef WGR Soft Tacos (2)</li> <li>• Pinto Beans</li> <li>• Mixed Vegetables</li> <li>• Spanish Rice</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Jun 25, 2023	Jun 26, 2023	Jun 27, 2023	Jun 28, 2023	Jun 29, 2023	Jun 30, 2023	
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Green Beans</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Wings</li> <li>• Green Peas</li> <li>• Brown Rice</li> <li>• Sweet Plantain</li> <li>• Clementine (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed	Closed	Closed	

This institution is an equal opportunity provider.