

**Hot Entrée sm \$5, lg \$5.75**

**Cold Entrée sm \$5, lg \$5.75** Served with Fruit and/or Vegetable of the Day

**Fruit \$1.50**

**Baking \$1.50**

**Regular or Soy Milk \$1.00**

**Chocolate or Chocolate Soy Milk \$1.00**

# Fuel Up June Menu

New Westminster

	Hot Entrée	Cold Entrée	Fruit Option	Baking Option
Weekend				
<b>June 1 – Tues</b>	Meatball Marinara Pasta (V)	BBQ Chicken Wrap (GF)	Watermelon Cup	Rainbow Rice Crispy
<b>June 2 – Wed</b>	Chicken Fried Rice (V)	Chicken Taco Wrap (GF)	Apple Yogurt Parfait	Chocolate Brownie
<b>June 3 – Thurs</b>	Chicken Burrito (V)	Pizza Salami Sandwich (GF)	Pineapple Cup	Birthday Cookie
<b>June 4 – Fri</b>	Shepherd's Beef Pie	Greek Chicken Wrap (V GF)	Blueberry Yogurt Parfait	Lemon Oat Bar
Weekend				
<b>June 7 - Mon</b>	Macaroni and Cheese (V)	Chicken Salad Sandwich (GF)	Berry Yogurt Parfait	Triple Berry Bar
<b>June 8 - Tues</b>	Perogies with Bacon Bits (V)	Cucumber Cream Cheese Bagel (GF)	Fruit Cup	Double Chocolate Cookie
<b>June 9 - Wed</b>	Ground Beef Cheese Fajita	Salsa Rice Wrap (V GF)	Apple Yogurt Parfait	White Chocolate Cran Cookie
<b>June 10 - Thurs</b>	Greek Chicken on Vegetable Rice (V)	Chicken Caesar Wrap (GF)	Pineapple Cup	Red Velvet Cookie
<b>June 11 - Fri</b>	Beef Lasagna	Egg Salad Sandwich (V GF)	Berry Cup	Rainbow Brownie

### What's New in June?

June 16 - FUN LUNCH: 3 types of Pizza Day!

June 16: NEW: Super Chewy Brownie Cookie

June 21 - Creamy Chicken Alfredo with Silly (fusilli) Pasta



**Thank you to our new Partnership with BC Dairy, all milk, soy milk, and yogurt items are now priced at \$1.00**

(DF) Dairy Free      (V) vegetarian      (GF) gluten free

While every effort will be made to provide allergen free meals, common food allergens are all utilized in our caterer's kitchen. Cross contamination is always a possibility. If your child has severe allergies, we recommend packing a meal. If you have any questions, please email [fuelup@readymaidmeals.com](mailto:fuelup@readymaidmeals.com) for more information.

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Weekend				
<b>June 14 - Mon</b>	Chicken Tortellini Primavera	Corn Bean Quesadilla (V GF)	Apple Yogurt Parfait	Three Cereal Cookie
<b>June 15 - Tues</b>	Chicken & Broccoli Alfredo Lasagna (V)	Chicken Bacon Wrap (GF)	Watermelon Cup	Blueberry Oat Bar
<b>June 16 - Wed</b>	FUN LUNCH: 3 types of Pizza! (V GF)	Salami Sandwich	Berry Cup	NEW: Chewy Brownie Cookie
<b>June 17 - Thurs</b>	Chicken Burrito (V)	BBQ Chicken Pita (GF)	Blueberry Yogurt Parfait	Chocolate Crunch Bar
<b>June 18 - Fri</b>	Shepherd's Beef Pie (V)	Greek Chicken Wrap (GF)	Pineapple Cup	Caramel Pretzel Brownie
Weekend				
<b>June 21 - Mon</b>	NEW: Creamy Chicken Silly Pasta (V)	Bacon Lettuce Avocado Wrap (GF)	Watermelon Cup	Red Velvet Cookie
<b>June 22 - Tues</b>	Chicken Fried Rice (V)	Cucumber Cream Cheese Bagel (V GF)	Berry Cup	Blueberry Oat Bar
<b>June 23 - Wed</b>	Cheesy Beef Baked Macaroni	Salsa Rice Wrap (V GF)	Fruit Cup	Double Chocolate Cookie
<b>June 24 - Thurs</b>	Meat Sauce and Bowtie Pasta (V)	Chicken Caesar Wrap (GF)	Berry Yogurt Parfait	Birthday Cookie
<b>June 25 - Fri</b>	Perogies with Bacon Bits (V)	Egg Salad Sandwich (V GF)	Pineapple Cup	Chocolate Brownie
Weekend				
<b>June 28 - Mon</b>	Beef Lasagna (V)	Ham and Cheese Sandwich (GF)	Fruit Cup	Three Cereal Cookie
<b>June 29 - Tues</b>	Ground Beef Cheese Fajita (V)	Chicken Bacon Wrap (GF)	Berry Cup	Chocolate Drizzle Rice Crispy

Participation in the program is voluntary. Those families choosing to participate will see 25 cents of each small meal, and 50 cents of each large meal going to support subsidies. Students who do not have reliable access to sufficient quantities of affordable and nutritious food are able to access confidential subsidies.

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