



**School Information:** Each meal is served with a choice of Fat Free Chocolate or White Milk and with fruit & or juice. USDA is an Equal Opportunity Provider and Employer.



**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



Toast & Cereal  
OR  
Cereal Bar W/ Grahams **6**

Toast & Cereal  
OR  
Cereal Bar W/ Grahams **13**

Toast & Cereal  
OR  
Cereal Bar W/ Grahams **20**

**SUMMER** **27**

### Tuesday



Toast & Cereal  
OR  
Sausage & Biscuit **7**

Toast & Cereal  
OR  
Sausage & Biscuit **14**

Toast & Cereal  
OR  
Sausage & Biscuit **21**

**SUMMER** **28**

### Wednesday

Toast & Cereal  
OR  
Mini Pancakes **1**

Toast & Cereal  
OR  
Mini Pancakes **8**

Toast & Cereal  
OR  
Mini Pancakes **15**

Toast & Cereal  
OR  
Mini Pancakes **22**

**SUMMER** **29**

### Thursday

Toast & Cereal  
OR  
Pop- Tarts **2**

Toast & Cereal  
OR  
Pop- Tarts **9**

Toast & Cereal  
OR  
Pop- Tarts **16**

Toast & Cereal  
OR  
Pop- Tarts **23**

**SUMMER** **30**

### Friday

Toast & Cereal  
OR  
Goody Buns **3**

Toast & Cereal  
OR  
Goody Buns **10**

Toast & Cereal  
OR  
Goody Buns **17**

**NO SCHOOL** **24**

**SUMMER** **31**





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**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Hot Dog  
BBQ Grilled Chicken  
Black Eyed Peas  
Green Beans  
Cornbread  
Peaches **1**

Grilled Cheese  
Pork Roast W/ Gravy  
Steamed Broccoli  
Mash Potatoes  
W/G Roll  
Apple **2**

Hot Dog  
Cheeseburger  
French Fries  
Carrot Sticks W/ Dip  
Mixed Fruit **3**

Hot Dog  
Mac & Cheese  
Steamed Broccoli  
Carrot Coins  
Cornbread  
Strawberries **8**

Ham & Cheese Sandwich  
Chicken Nuggets  
Mash Potatoes  
Green Beans  
W/G Roll  
Peaches **9**

Hot Dog  
Pork Chop Sandwich  
French Fries  
Okra  
Mixed Fruit **10**

Hot Dog  
Teriyaki Chicken  
Green Beans  
Mash Potatoes  
W/G Roll  
Apple **15**

Ham & Cheese Sandwich  
Pizza  
Corn  
Steamed Broccoli  
Pears **16**

Hot Dog  
Cheeseburger  
Potato Wedges  
Pork-N-Beans  
Mixed Fruit **17**

Chicken Fries  
Cheese Toast  
French Fries  
Okra  
Mixed Fruit **22**

SACK LUNCH  
Turkey & Cheese Sandwich.  
Baked Chips  
Carrot & Celery Sticks W/ Dip  
Apple 100% Juice **23**

**NO SCHOOL** **24**

SUMMER **29**

SUMMER **30**

SUMMER **31**

Hot Dog  
Chicken Fries  
Wedges  
Pork-N-Beans  
Apple **6**

Ham & Cheese Sandwich  
Beef & Cheese Nachos  
Chips & Salsa  
Corn  
Banana **7**

Hot Dog  
Pulled BBQ Chicken Sandwich  
French Fries  
Carrot Sticks W/ Dip  
Peaches **13**

Ham & Cheese Sandwich  
Taco Quesadilla  
Chips & Salsa  
Pinto Beans  
Banana **14**

Hot Dog  
Tatar Tots  
Pork-N-Beans  
Raisins **20**

Burrito  
Chips & Salsa  
Corn  
Banana **21**

SUMMER **27**

SUMMER **28**