



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

Bosco
Marinara
Carrots
Mix Fruit
Milk

1

Spaghetti
Cheese Stick
Green Beans
Side Kick Slushy
Milk

2

Cheeseburger
Sweet Potato Puffs
Pear
Milk

3

Chicken Nuggets
French Fries
Orange
Milk

4

NO SCHOOL

5

French Toast
Tator Tots
Sausage
Orange Juice
Milk

8

Mini Corn Dogs
Smiles
Gold Fish
Pear
Milk

9

Hot Dog
Baked Beans
Strawberry Cup
Gold Fish
Milk

10

Popcorn Chicken
Mashed Potato
Roll
Peaches
Milk

11

Quesadilla
Beans and Rice
Pineapple
Cheez-its
Milk

12

Cheeseburger
Sweet Potato Puffs
Pear
Milk

15

Nachos
Refried Beans
Peaches
Milk

16

Fish Shapes
Macaroni n' Cheese
Carrots
Slushy / Milk

17

Hot Dog
Baked Beans
Orange
Milk

18

Cheese Flat Bread
Marinara
Broccoli
Mix Fruit
Milk

19

Cheese Pizza
Salad
Peach Cup
Milk

22

Chicken Fries
Smiles
Pear
Milk

23

Mac N Cheese
Ham Cup
Peas
Fruit
Milk

24

Sac Lunch
Turkey Wrap
String Cheese
Apple Sauce Cup/Vegetable
Milk

25

SUMMER BREAK!

26

29

30

31

