



**School Information:**  
 Student lunch: \$2.45  
 Adult lunch: \$3.50



**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

Pork BBQ  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Baked Beans & Cole Slaw  
 Fresh Fruit or Fruit Juice  
 Milk

7

Turkey, Ham & Cheese Sandwich  
 PB&J Sandwich  
 Baked Potato  
**SALAD BAR**  
 Refried Beans & Broccoli  
 Fresh Fruit or Fruit Juice and Milk

8

Cheeseburgers  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Spinach & Carrots  
 Fresh Fruit or Fruit Juice  
 Milk

9

Quesadilla  
 PB&J Sandwich  
 Baked Potato  
**SALAD BAR**  
 Broccoli & Stewed Tomatoes  
 Fresh Fruit or Fruit Juice  
 Milk

10

Chicken Patty  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Carrots & Fries  
 Fresh Fruit or Fruit Juice  
 Milk

11

Turkey, Bacon, and Cheese Sandwich  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Corn & Green Beans  
 Fresh Fruit or Fruit Juice and Milk

14

Beefy Mac  
 PB&J Sandwich  
 Baked Potato  
**SALAD BAR**  
 Tomatoes & Spinach Salad  
 Fresh Fruit or Fruit Juice  
 Milk

15

Sweet & Sour Pork/Rice  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Carrots & Peas  
 Fresh Fruit or Fruit Juice  
 Milk

16

Ham & Cheese Sub  
 PB&J Sandwich  
 Baked Potato  
**SALAD BAR**  
 Sweet Potato & Mixed Greens  
 Fresh Fruit or Fruit Juice  
 Milk

17

Chicken Nuggets  
 PB&J Sandwich  
 Baked Potato  
 Cobb or Chicken Caesar Salad  
 Carrots & Broccoli  
 Fresh Fruit or Fruit Juice  
 Milk

18

Cheeseburgers  
 PB&J Sandwich  
 Fries & Broccoli  
 Fresh Fruit or Fruit Juice  
 Milk

21

Pizza  
 PB&J Sandwich  
 Romaine Salad & Corn  
 Fresh Fruit or Fruit Juice  
 Milk

22

Pork BBQ  
 PB&J Sandwich  
 Baked Beans & Carrots  
 Fresh Fruit or Fruit Juice  
 Milk

23

Turkey, Ham, & Cheese Sandwich  
 PB&J Sandwich  
 Broccoli & Tomatoes  
 Fresh Fruit or Fruit Juice  
 Milk

24

Chicken Nuggets or Patty  
 PB&J Sandwich  
 Sweet Potato & Corn  
 Fresh Fruit or Fruit Juice  
 Milk

25

**No School!**

28

Cheeseburgers  
 Fries & Corn  
 Fresh Fruit or Fruit Juice  
 Milk

29

Manager's Choice Vegetables  
 Fresh Fruit or Fruit Juice  
 Milk

30

**\*Early Release\***  
 Bagged Lunch: PB&J, Carrots, Apple, and Milk/Juice  
**Have a great summer!**

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