



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 **31**
 Bagged Lunch: PB&J, Carrots, Apple, and Milk/Juice
Have a great summer!

