



**School Information:** All meals are served with low fat or skim milk. All meals are served with a selection of fruits and vegetables from our salad bars and entrée options are posted in kitchen.



**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



### Tuesday

WE ARE AN EQUAL OPPORTUNITY PROVIDER



### Wednesday

SUMMER BREAK

### Thursday

SUMMER BREAK

### Friday

SUMMER BREAK

SUMMER BREAK

6

SUMMER BREAK

7

SUMMER BREAK

8

SUMMER BREAK

9

SUMMER BREAK

10

SUMMER BREAK

13

SCHOOL RESUMES EARLY OUT  
NO LUNCH TODAY

14

CHICKEN PATTY W/BUN  
FRENCH FRIES  
FRUIT & VEGETABLE BARS  
JELLO W/FRUIT  
MILK

15

SOFT SHELL TACO  
REFRIED BEANS  
FRUIT & VEGETABLE BARS  
MILK

16

DELI SANDWICH  
WG CHIPS  
FRUIT & VEGETABLE BARS  
MILK

17

CHICKEN FRIED STEAK  
MASHED POTATOES  
GREEN BEANS  
WG ROLL  
FRUIT & VEGETABLE BAR  
MILK

20

MANDARIN CHICKEN  
STEAMED RICE  
ORIENTAL VEGETABLES  
MANDARIN ORANGES  
FRUIT & VEGETABLE BARS  
MILK

21

HOTDOG W/WG BUN  
BAKED BEANS  
PUDDING CUP  
FRUIT & VEGETABLE BARS  
MILK

22

LASAGNA  
ROMAINE SALAD  
FRENCH BREAD  
FRUIT & VEGETABLE BARS  
MILK

23

SUPER NACHOS  
REFRIED BEANS  
FRUIT & VEGETABLE BARS  
MILK

24

PULLED PORK SANDWICH  
WG CHIPS  
BAKED APPLES  
FRUIT & VEGETABLE BARS  
MILK

27

TEXAS SPAGHETTI  
ROMAINE SALAD  
FRENCH BREAD  
FRUIT & VEGETABLE BARS  
MILK

28

SCALLOPED POTATOES  
WITH HAM  
WG DINNER ROLL  
ROMAINE SALAD  
FRUIT & VEGETABLE BARS  
MILK

29

CHEESE OMELET  
WG WAFFLES  
FRESH FRUIT CUPS  
FRUIT & VEGETABLE BARS  
MILK

30

BEEF PIZZA  
ROMAINE SALAD  
WG COOKIE  
FRUIT & VEGETABLE BARS  
MILK





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### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

SUMMER BREAK 1

SUMMER BREAK 2

SUMMER BREAK 3

SUMMER BREAK 6

SUMMER BREAK 7

SUMMER BREAK 8

SUMMER BREAK 9

SUMMER BREAK 10

SUMMER BREAK 13

EARLY OUT  
NO BREAKFAST  
SERVED TODAY 14

EGG TAC GO  
FRUIT  
JUICE  
MILK 15

CEREAL CHOICE  
PBJ SANDWICH  
FRUIT  
JUICE  
MILK 16

LOW FAT YOGURT  
WG DONUT  
FRUIT  
JUICE  
MILK 17

FRENCH TOAST  
SAUSAGE PATTY  
FRUIT  
JUICE  
MILK 20

CEREAL CHOICE  
PBJ SANDWICH  
FRUIT  
JUICE  
MILK 21

CHEESE OMELET  
WG TOAST  
FRUIT  
JUICE  
MILK 22

CEREAL CHOICE  
PBJ SANDWICH  
FRUIT  
JUICE  
MILK 23

LOW FAT YOGURT  
WG POP TART  
FRUIT  
JUICE  
MILK 24

EGGSTRAVAGANZA  
WG TOAST  
FRUIT  
JUICE  
MILK 27

CEREAL CHOICE  
PBJ SANDWICH  
FRUIT  
JUICE  
MILK 28

BREAKFAST PIZZA  
FRUIT  
JUICE  
MILK 29

CEREAL CHOICE  
PBJ SANDWICH  
FRUIT  
JUICE  
MILK 30

LOW FAT YOGURT  
WG CINNAMON ROLL  
FRUIT  
JUICE  
MILK

