



School Information: All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer! Milk with every meal!



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

Cheesy chicken nachos
Sweet potato crunch
Seasoned green beans
Mixed fruit **3**

Tuesday

Baked Ham/mac & cheese
Black eyed peas
Cornbread
Tossed salad W/ ranch
Frozen fruit cup **4**

Wednesday

Pork roast
Mashed potato w/ gravy
Hot roll
Pinto beans
Fresh fruit **5**

Thursday

BBQ
Cole slaw
French fries
Diced peaches **6**

Friday

7
NO SUMMER FEEDING

Deli turkey sandwich
Lettuce/ tom/ pickle
Seasoned carrots
Baked chips
Mixed fruit **10**

Lasagna
Hot roll
Tossed salad w/ ranch
Fresh fruit **11**

Chicken fajitas
Pinto beans
Salsa/ lettuce / diced tom
Orange wedges
Cake **12**

Chili w/ crackers
Raw veg. strips w/ ranch
Cinnamon roll
Frozen fruit cup **13**

14
NO SUMMER FEEDING

Pepperoni Pizza
Mixed vegetables
Tossed salad w/ ranch
Assorted fresh fruit **17**

Corndog
Green beans
Seasoned corn
Fruit cocktail **18**

Asian chicken
Cooked rice
Peas & carrots
Tossed salad w/ ranch
Applesauce **19**

Beef Tacos
Pinto beans
Salsa / lettuce/ tomato
Frozen fruit cup
Cookie **20**

21
NO SUMMER FEEDING

Chicken alfredo
Seasoned green beans
Tossed salad w/ ranch
Hot roll
Mixed fruit **24**

25
NO SUMMER FEEDING

26
NO SUMMER FEEDING

27
NO SUMMER FEEDING

28
NO SUMMER FEEDING

