LUNCH JULY 2018

Reduced Price .40 (child) Full Price $2.92 (Child) Adult Price $2.92

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| 2Please Advise Mr. Steve 24 hrs. in advance if you would like to have breakfast or lunch with your child/grandchild so we may plan accordingly. | 3 | NSLP REQUIRMENTS: 4Fruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75oz dailyMilk 1 cup daily | WEEKLY AVERAGE: 5Calories 600-650Sodium <935Sat. Fat <10Trans Fat zero |
|  9  |  10SCHOOL BOARD MTG. |  11 | 12 |
|  16  **W E L CO M E** | 17**B A C K ! !** | 18 | 19 |
| 23Cheeseburger on a W/G Bun w/ Lettuce, Tomato,Baked Potato Wedges,½ Cup Fruit,Milk Variety | 24W/G Spaghetti w/ Meat Sauce,W/G Garlic Toast,Green Salad,½ Cup Fruit,Milk Variety | 25Chicken Nuggets, W/G Rice,W/G Corn Bread,¾ Veggie,½ Cup Fruit,Milk Variety | 26W/G Cheese or Pepperoni Pizza,¾ Cup Veggie,½ Cup Fruit,Milk Variety |
| 30Hot dog on a W/G Bun, Veggie Beans,W/G Tortilla Chips,½ Cup Fruit,Milk Variety | 31Baked Potato w/ fixings,Graham Crackers, ¾ Cup Veggie,½ Cup Fruit,Milk Variety |  |  |

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate, Low Fat Strawberry

This institution is an equal opportunity provider.

BREAKFAST JULY 2018

Breakfast in Classroom Adult Price $2.85

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|  2Please advise Mr. Steve24 hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly  | 3 | 4SBP REQUIREMENTS:Fruit/Veggie 1 cup dailyGrain 2 oz dailyMilk 1 cup dailyMeat/Alt Optional | 5WEEKLY AVERAGE:Calories 400-500Sodium <540Sat. Fat <10Trans Fat 0g/serving |
| 9 | 10 | 11 | 12 |
| 16**W E L C O M E** | 17 **B A C K ! ! !** | 18 | 19 |
| 23W/G Pancakes,1 Cup of Fruit,Milk Variety | 24Fruit Smoothie,String Cheese,W/G Toast,Milk Variety | 25W/G Cereal w/Milk,1 Cup Fruit, Milk Variety | 26Scrambled Eggs w/Cheese,W/G Toast,1 Cup Fruit,Milk Variety |
| 30W/G French Toast,1 Cup Fruit, Milk Variety | 31W/G English Muffinw/ Peanut Butter,Yogurt, Milk Variety |  |  |

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate, Low Fat Strawberry Milk

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