LUNCH JULY 2018

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

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| 2  Please 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: 4  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75oz daily  Milk 1 cup daily | WEEKLY AVERAGE: 5  Calories 600-650  Sodium <935  Sat. Fat <10  Trans Fat zero |
| 9 | 10  SCHOOL BOARD MTG. | 11 | 12 |
| 16      **W E L CO M E** | 17  **B A C K ! !** | 18 | 19 |
| 23  Cheeseburger on a W/G Bun w/ Lettuce, Tomato,  Baked Potato Wedges,  ½ Cup Fruit,  Milk Variety | 24  W/G Spaghetti w/ Meat Sauce,  W/G Garlic Toast,  Green Salad,  ½ Cup Fruit,  Milk Variety | 25  Chicken Nuggets,  W/G Rice,  W/G Corn Bread,  ¾ Veggie,  ½ Cup Fruit,  Milk Variety | 26  W/G Cheese or Pepperoni Pizza,  ¾ Cup Veggie,  ½ Cup Fruit,  Milk Variety |
| 30  Hot dog on a W/G Bun, Veggie Beans,  W/G Tortilla Chips,  ½ Cup Fruit,  Milk Variety | 31  Baked 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 |
| 2  Please 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 | 4  SBP REQUIREMENTS:  Fruit/Veggie 1 cup daily  Grain 2 oz daily  Milk 1 cup daily  Meat/Alt Optional | 5  WEEKLY AVERAGE:  Calories 400-500  Sodium <540  Sat. Fat <10  Trans Fat 0g/serving |
| 9 | 10 | 11 | 12 |
| 16  **W E L C O M E** | 17    **B A C K ! ! !** | 18 | 19 |
| 23  W/G Pancakes,  1 Cup of Fruit,  Milk Variety | 24  Fruit Smoothie,  String Cheese,  W/G Toast,  Milk Variety | 25  W/G Cereal w/Milk,  1 Cup Fruit,  Milk Variety | 26  Scrambled Eggs w/Cheese,  W/G Toast,  1 Cup Fruit,  Milk Variety |
| 30  W/G French Toast,  1 Cup Fruit,  Milk Variety | 31  W/G English Muffin  w/ 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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