



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

Wednesday

Thursday

Friday



SUMMER BREAK 1

SUMMER BREAK 2

SUMMER BREAK 3

SUMMER BREAK 4

SUMMER BREAK 7

SUMMER BREAK 8

SUMMER BREAK 9

SUMMER BREAK 10

SUMMER BREAK 11

SUMMER BREAK 14

Spaghetti & Meatballs
Garlic Breadstick
Orange Slices
Choice of Milk

*Salad Bar 15

BBQ Chicken Drumsticks
WG Roll
Fresh Watermelon Berry Mix
Summer Corn
Choice of Milk
*Salad Bar 16

Pizza
Salad
Summer Berries
Choice of Milk 17

Homemade Macaroni & Cheese
Steamed Broccoli
Fruit Cup
Choice of Milk
*Salad Bar 18

Cheeseburger
*Green chili option
Summer Berries
Steamed Broccoli
Choice of Milk

*Salad Bar 21

Orange Chicken
Brown Rice
Oriental Veggies
Mandarin Oranges
Choice of Milk

*Salad Bar 22

Pizza
Salad
Watermelon & Cantaloupe
Choice of Milk 23

Taco Bar- Chicken Tacos
Cilantro, Shredded Cabbage,
Lime, Lettuce, Tomato
Orange Slices
Pinto Beans
Spanish Rice
Choice of Milk *Salad bar 24

Smothered Bean Burrito
Homemade Salsa
Green Beans
Fruit cup
Choice of Milk

*Salad Bar 25

BBQ Chicken Drumstick
WG Roll
Fresh Watermelon Berry Mix
Summer Corn
Choice of Milk
*Salad Bar 28

Frito Pie
Lettuce, Tomato, Onion
Pinto Beans
Carrot & Celery Sticks
Apple Slices
Choice of Milk *Salad Bar 29

Homemade Macaroni & Cheese
Steamed Broccoli
Orange Slices
Choice of Milk
*Salad Bar 30

Ham & Cheese Wrap
Watermelon
Fresh Broccoli & Cauliflower
Sun Chips
Choice of Milk
*Salad Bar 31

