



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

15

*Salad Bar

BBQ Chicken Drumsticks
WG Roll
Fresh Watermelon Berry Mix
Summer Corn
Choice of Milk

16

*Salad Bar

Pizza
Salad
Summer Berries
Choice of Milk

17

Homemade
Macaroni & Cheese
Steamed Broccoli
Fruit Cup
Choice of Milk

18

*Salad Bar

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

21

*Salad Bar

Orange Chicken
Brown Rice
Oriental Veggies
Mandarin Oranges
Choice of Milk

22

*Salad Bar

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

24

*Salad bar

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

25

*Salad Bar

BBQ Chicken Drumstick
WG Roll
Fresh Watermelon Berry Mix
Summer Corn
Choice of Milk

28

*Salad Bar

Frito Pie
Lettuce, Tomato, Onion
Pinto Beans
Carrot & Celery Sticks
Apple Slices

29

Choice of Milk *Salad Bar

Homemade
Macaroni & Cheese
Steamed Broccoli
Orange Slices
Choice of Milk

30

*Salad Bar

Ham & Cheese Wrap
Watermelon
Fresh Broccoli & Cauliflower
Sun Chips
Choice of Milk

31

*Salad Bar

