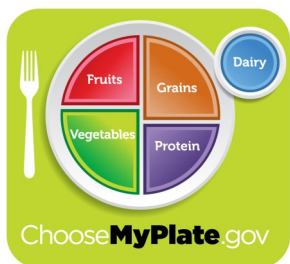




*“Be strong
to the finish...
Think smart, eat well
and exercise daily.”*



Choose **MyPlate** gov

Fight Back With Food!

All meals are served and prepared in accordance with the USDA School Breakfast/Lunch Meal Patterns and COVID-19 regulations as provided by the CDC for the 2020-2021 school year.

Through our participation in The Community Eligibility Provision (CEP) All meals are offered daily at **NO CHARGE.**

BREAKFAST

8 oz milk
1/2 cup fruit/vegetable
1 grain

LUNCH

8 oz milk
3/4 cup fruit/vegetable
1 serving grain
2 oz meat/meat alternative

ALTERNATE LUNCH INCLUDES:

peanut butter & jelly on whole wheat

This institution is an equal opportunity provider.

ALL MEALS ARE SERVED AND PREPARED IN ACCORDANCE WITH THE USDA SCHOOL BREAKFAST/LUNCH MEAL PATTERNS FOR 2017/2018. All menus are subject to change. **NO SUBSTITUTIONS**

JULY & AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/5	7/6 Hot Dog Snack pack carrots	7/7 Meat and Cheese Nachos Corn	7/8 BB Chicken Sandwich Mixed Vegetables	7/9 Mc Muff Three Bean Salad
7/12 Sloppy Joe Broccoli	7/13 Chicken and Cheese Nachos Mixed Vegeta- ble	7/14 Pizza Green Beans	7/15 Deli Delight Side Salad	7/16 Mc Muff Three Bean Salad
7/19 Chicken Ranch On Bun Snack pack carrots	7/20 Meat and Cheese Nachos Corn	7/21 Pizza Broccoli Spears	7/22 Deli Delight Coleslaw	7/23 Mc Muff Three Bean Salad
7/26 Pulled Pork Sandwich Corn	7/27 Hot Dog Chick Pea Salad	7/28 Pizza Mixed Vegetable	7/29 Deli Delight Side Salad	7/30 Mc Muff Three Bean Salad
8/2 Hot Dog Chick Pea Salad	8/3 Chicken Parm Cooked Carrots	8/4 Pizza Mixed Vegetable	8/5 Deli Delight Coleslaw	8/6 Mc Muff Three Bean Salad
8/9 Chef's Choice	8/10 Chef's Choice	8/11 Pizza Mixed Vegeta- ble	8/12 Deli Delight Pack	8/13 Mc Muff Three Bean Salad

