

COMPLEMENTARY BREAKFAST AND LUNCH SERVED TO ALL STUDENTS

NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE.

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE) (VEGETABLES ARE INCLUDED IN THIS GROUPING) GRAIN Item/s (MILK)

SEEMLESS SUMMER FEEDING PROGRAM
CVHS/MLHS



LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); FRESH SALAD and/or FRESH VEGETABLE(S)

MANY OF YOUR FAVORITES WILL BE SERVED!

HAVE A GREAT SUMMER BREAK!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 CHOICES MAY INCLUDE: CHURROS, BAGEL SAND., COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CHICKEN NUGGETS/TENDERS HOT N SPICY/NA SHVILLE HOT</p>	<p>11 CHOICES MAY INCLUDE; CINNAMON SWEET ROLL BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CORN DOG PULLED PORK SAND.</p>	<p>12 CHOICES MAY INCLUDE; FRENCH TOAST STICKS BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS SUB SAND.W/SUN CHIPS</p>	<p>13 CHOICES MAY INCLUDE; BREAKFAST WRAP;BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS COOKS CHOICE ENTREE'</p>	<p>14 CHOICES MAY INCLUDE; BISCUIT & GRAVY BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES; BURRITOS LINGS SWEET N SOUR EGG ROLLS</p>
<p>17 CHOICES MAY INCLUDE; CHURROS, BAGEL SAND., COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CHICKEN NUGGETS/TENDERS HOT N SPICY/NA SHVILLE HOT</p>	<p>18 CHOICES MAY INCLUDE; CINNAMON SWEET ROLL BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CORN DOG PULLED PORK SAND.</p>	<p>19 JUNETEENTH HOLIDAY -----NO SCHOOL-----</p>	<p>20 CHOICES MAY INCLUDE; BREAKFAST WRAP;BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS COOKS CHOICE ENTREE'</p>	<p>21 CHOICES MAY INCLUDE; PANCAKE SAUS. ON A STICK BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES; BURRITOS LINGS SWEET N SOUR EGG ROLLS</p>
<p>24 CHOICES MAY INCLUDE; CHURROS, BAGEL SAND., COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CHICKEN NUGGETS/TENDERS HOT N SPICY/NA SHVILLE HOT</p>	<p>25 CHOICES MAY INCLUDE; CINNAMON SWEET ROLL BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS CORN DOG PULLED PORK SAND.</p>	<p>26 CHOICES MAY INCLUDE; FRENCH TOAST STICKS BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS SUB SAND.W/SUN CHIPS</p>	<p>27 CHOICES MAY INCLUDE; BREAKFAST WRAP;BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES BURRITOS COOKS CHOICE ENTREE'</p>	<p>28 CHOICES MAY INCLUDE; BISCUIT & GRAVY BAGEL SAND. COLD CEREAL LUNCH PIZZA CHOICES; BURRITOS LINGS SWEET N SOUR EGG ROLLS</p>

STUDENTS CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST (IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK) 2 GRAIN COMPONENTS MAY BE TAKEN 2 FRUIT COMPONENTS MAY BE TAKEN ANY ITEM MAY BE 2 COMPONENTS (IE. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

SERVING FIVE STAR MEALS



ALL MENU ITEMS SUBJECT TO CHANGE BASED ON AVAILABILITY.

STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH (IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK) AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS (IE. PROTEIN/GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM; MORE IS ALLOWED AND BOTH ARE ALLOWED

PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS