



Liberty Elementary Healthy Summer Meals



	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Breakfast Each Week	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE- ½C 8 OZ 1% MILK	WAFFLE-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	PANCAKE-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE-1/2C 8 OZ 1% MILK	FRENCH TOAST-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST BAR-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE- ½C 8 OZ 1% MILK
Lunch June 4th- June 10th	PIZZA POCKET-2M/6 BABY CARROTS- ½C SOUR RAISINS- ½C 8 OZ 1% MILK	QUESADILLA-2M/6 SALSA CUP- ½C FRESH GRAPES- ½C 8 OZ 1% MILK	CHICKEN NUGGETS- 2M/2G GREEN BEANS- ½C DICED PEACHES- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G CELERY STICKS- ½C WHOLE ORANGE - ½ C 8 OZ 1% MILK	PIZZA-2M/2G CORN-½C APPLESAUCE-½C 8 OZ 1% MILK	CORN DOG-2M/2G BROCCOLI-½C APPLE SLICES-½C 8 OZ 1% MILK	GRILLED CHEESE- 2M/2G CUCUMBERS-½C BANANA-½C 8 OZ 1% MILK
Lunch June 11th- 17th	BOSCO STICK- 2M/2G MARIANARA CUP- ½C APPLESAUCE- ½C 8 OZ 1% MILK	DRUMSTICK-2M/2G GREEN BEANS- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FRENCH TOAST- 2M/2G HASH BROWN- ½C DICED PEARS- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G BABY CARROTS- ½C FRESH ORANGE- ½C 8 OZ 1% MILK	PIZZA- 2M/2G CORN-½C APPLE SLICES-½C 8 OZ 1% MILK	TACO STICK -2M/2G CUCUMBERS- ½C GRAPES- ½C 8 OZ 1% MILK	SLIDER-2M/2G CAULIFLOWER- ½C BANANA- ½C 8 OZ 1% MILK
Lunch June 18th- 24rd	CALZONE-2M/2G BABY CARROTS-½C FRESH PEAR-½C 8 OZ 1% MILK	BURRITO-2M/6 SALSA CUP-½C FRESH GRAPES-½C 8 OZ 1% MILK	CHICKEN TENDERS- 2M/2G GREEN BEANS-½C DICED PEACHES-½C 8 OZ 1% MILK	UNCRUSTABLE- 2M/2G CELERY STICKS-½C CRAISINS-½C 8 OZ 1% MILK	PIZZA-2M/2G CORN- ½ C WHOLE APPLE-½C 8 OZ 1% MILK	CHEESE CRUNCHERS- 2M/2G BROCCOLI- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FIESTADA -2M/2G CUCUMBERS- ½C BANANA- ½C 8 OZ 1% MILK

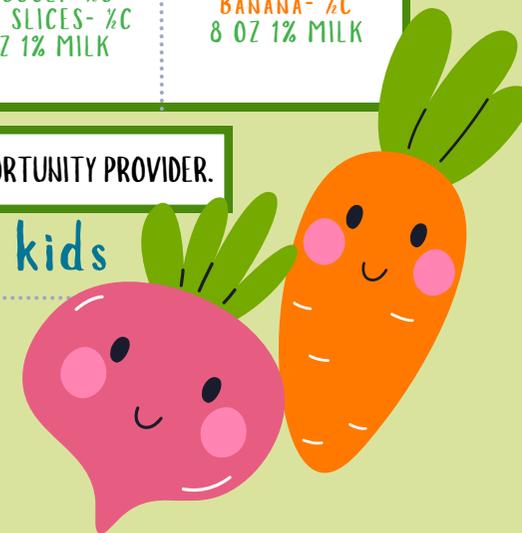
DUE TO OUT OF STOCK ITEMS, SUBSTITUTIONS MAY BE MADE FOR MEAL ITEMS WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

visit www.rvk12.org for great summer recipe ideas for kids

FOOD STORAGE SYSTEM BY COLOR CODED MEAL COMPONENTS

STORE IN FREEZER / STORE IN REFRIGERATOR / SHELF STABLE

THIS SUMMER FOOD SERVICE PROGRAM IS PROVIDED BY RIVER VALLEY LOCAL SCHOOL FOOD SERVICE DEPARTMENT IN PARTNERSHIP WITH THE OHIO DEPARTMENT OF EDUCATION AND WORKFORCE AND THE USDA. PLEASE CONTACT BRENT HERDMAN AT BHERDMAN@RVK12.ORG IF YOU HAVE ANY QUESTIONS.





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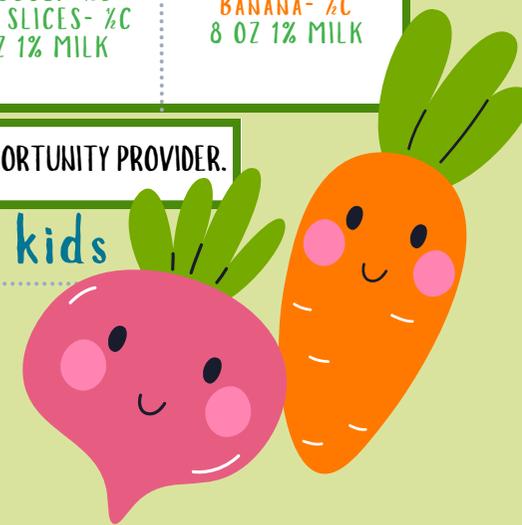
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Breakfast Each Week	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE- ½C 8 OZ 1% MILK	WAFFLE-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	PANCAKE-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE-1/2C 8 OZ 1% MILK	FRENCH TOAST-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST BAR-2G 4 OZ JUICE- ½C 8 OZ 1% MILK	BREAKFAST KIT-1G GRAHAM-1G 4 OZ JUICE- ½C 8 OZ 1% MILK
Lunch June 25th- July 1st	PIZZA POCKET-2M/6 BABY CARROTS- ½C SOUR RAISINS- ½C 8 OZ 1% MILK	QUESADILLA-2M/6 SALSA CUP- ½C FRESH GRAPES- ½C 8 OZ 1% MILK	CHICKEN NUGGETS- 2M/2G GREEN BEANS- ½C DICED PEACHES- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G CELERY STICKS- ½C ORANGE WEDGES- ½C 8 OZ 1% MILK	PIZZA-2M/2G CORN-½C APPLESAUCE-½C 8 OZ 1% MILK	CORN DOG-2M/2G BROCCOLI-½C APPLE SLICES-½C 8 OZ 1% MILK	GRILLED CHEESE- 2M/2G CUCUMBERS-½C BANANA-½C 8 OZ 1% MILK
Lunch July 2nd- 8th	BOSCO STICK- 2M/2G MARINARA CUP- ½C APPLESAUCE- ½C 8 OZ 1% MILK	DRUMSTICK-2M/2G GREEN BEANS- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FRENCH TOAST- 2M/2G HASH BROWN- ½C DICED PEARS- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G BABY CARROTS- ½C FRESH ORANGE- ½C 8 OZ 1% MILK	PIZZA- 2M/2G CORN-½C MIXED FRUIT-½C 8 OZ 1% MILK	TACO STICK-2M/2G CUCUMBERS- ½C GRAPES- ½C 8 OZ 1% MILK	SLIDER-2M/2G CAULIFLOWER- ½C BANANA- ½C 8 OZ 1% MILK
Lunch July 9th-15th	CALZONE-2M/2G BABY CARROTS-½C APPLESAUCE-½C 8 OZ 1% MILK	BURRITO-2M/6 SALSA CUP-½C FRESH GRAPES-½C 8 OZ 1% MILK	CHICKEN TENDERS- 2M/2G GREEN BEANS-½C DICED PEACHES-½C 8 OZ 1% MILK	UNCRUSTABLE- 2M/2G CELERY STICKS-½C CRAISINS-½C 8 OZ 1% MILK	PIZZA-2M/2G CORN-½C WHOLE APPLE-½C 8 OZ 1% MILK	CHEESE CRUNCHERS- 2M/2G BROCCOLI- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FIESTADA -2M/2G CUCUMBERS- ½C BANANA- ½C 8 OZ 1% MILK

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Lunch July 16th- 22nd	PIZZA POCKET-2M/6 BABY CARROTS- ½C SOUR RAISINS- ½C 8 OZ 1% MILK	QUESADILLA-2M/6 SALSA CUP- ½C FRESH GRAPES- ½C 8 OZ 1% MILK	CHICKEN NUGGETS- 2M/2G GREEN BEANS- ½C DICED PEACHES- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G CELERY STICKS- ½C ORANGE WEDGES- ½C 8 OZ 1% MILK	PIZZA-2M/2G CORN-½C APPLESAUCE-½C 8 OZ 1% MILK	CORN DOG-2M/2G BROCCOLI-½C APPLE SLICES-½C 8 OZ 1% MILK	GRILLED CHEESE- 2M/2G CUCUMBERS-½C BANANA-½C 8 OZ 1% MILK
Lunch July 23rd- 29th	BOSCO STICK- 2M/2G MARINARA CUP- ½C APPLESAUCE- ½C 8 OZ 1% MILK	DRUMSTICK-2M/2G GREEN BEANS- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FRENCH TOAST- 2M/2G HASH BROWN- ½C DICED PEARS- ½C 8 OZ 1% MILK	UNCRUSTABLE-2M/2G BABY CARROTS- ½C FRESH ORANGE- ½C 8 OZ 1% MILK	PIZZA- 2M/2G CORN-½C MIXED FRUIT-½C 8 OZ 1% MILK	TACO STICK-2M/2G CUCUMBERS- ½C GRAPES- ½C 8 OZ 1% MILK	SLIDER-2M/2G CAULIFLOWER- ½C BANANA- ½C 8 OZ 1% MILK
Lunch July 30th-Aug 5th	CALZONE-2M/2G BABY CARROTS-½C APPLESAUCE-½C 8 OZ 1% MILK	BURRITO-2M/6 SALSA CUP-½C FRESH GRAPES-½C 8 OZ 1% MILK	CHICKEN TENDERS- 2M/2G GREEN BEANS-½C DICED PEACHES-½C 8 OZ 1% MILK	UNCRUSTABLE- 2M/2G CELERY STICKS-½C CRAISINS-½C 8 OZ 1% MILK	PIZZA-2M/2G CORN-½C WHOLE APPLE-½C 8 OZ 1% MILK	CHEESE CRUNCHERS- 2M/2G BROCCOLI- ½C APPLE SLICES- ½C 8 OZ 1% MILK	FIESTADA -2M/2G CUCUMBERS- ½C BANANA- ½C 8 OZ 1% MILK

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