

A program meal must include foods from at least 3 food groups. One item must be a ½ of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Blueberry Pancakes Cocoa Puffs Bar Fresh Fruit Or 100% Juice Choice of Milk	2 Chocolate Oatmeal Benefit Bar Fresh Fruit Or 100% Juice Choice of Milk	3 Jumbo Waffles Fresh Fruit Or 100% Juice Choice of Milk	4 Mini Trix French Toast Fruit Loops Cereal Fresh Fruit Or 100% Juice Choice of Milk	5 Mini Cinni Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk
8 Bagel w Cream Cheese Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk	9 Confetti Pancakes Frosted Fudge Pop-tart Fresh Fruit Or 100% Juice Choice of Milk	10 Apple Smoothie w Goldfish Chex Cereal Fresh Fruit Or 100% Juice Choice of Milk	11 Grape Frudel Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk	12 Pumpkin Bread Choco Chip Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk
15	16	17	18	19
ENJOY YOUR SUMMER!!				
22	23	24	25	26

WE'RE HIRING!

Don't want to work
nights or weekends?
Want to be off when
your kids are off?
Summers off? No
Holidays?

Scan the QR code
for more info.

