

NOTES

A Program meal must include items from at least 3 food groups, one of those items must be a ½ cup of fresh vegetable and either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the student's account. Menu subject to change without notice due to product availability

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes w Sausage PB&J Pack Ranch Chicken Salad Turkey & Cheese Sub Fresh Orange Slices Cherry Tomatoes	3 Chicken or Bean Nachos PB&J Pack Ranch Chicken Salad Turkey & Cheese Sub Pineapple Chunks Steamed Corn	4 Cheese Pizza Pepperoni Pizza PB&J Pack Ranch Chicken Salad Turkey & Cheese Sub Locally Grown Apples Baby Carrots	5 Chicken Tenders PB&J Pack Turkey & Cheese Sub Ranch Chicken Salad Craisins Crisp Celery Sticks	6 Grilled Cheese PB & J Pack Turkey & Cheese Sub Ranch Chicken Salad Applesauce Steamed Mixed Veggies
9 Waffles & Tots PB & J Pack Fruit & Cheese Plate Garden Salad Fresh Orange Slices Cherry Tomatoes	10 Cheese Quesadilla PB&J Pack Fruit & Cheese Plate Garden Salad Pineapple Chunks Steam Corn	11 HALF DAY NO LUNCH SERVED	12 HALF DAY NO LUNCH SERVED	13 HALF DAY NO LUNCH SERVED
16	17	18	19	20
<h2><u>Enjoy your Summer break!</u></h2>				
23	24	25	26	27
30	Wellness tip of the month- Sunlight offers many health benefits including improved sleep, boosted mood, and it's a natural source of vitamin D. Getting sun exposure can even give your immune system a boost. Enjoy your summer and take time to enjoy the sun!			