

Choice of milk offered
each meal

Fruit and Juice offered
each day

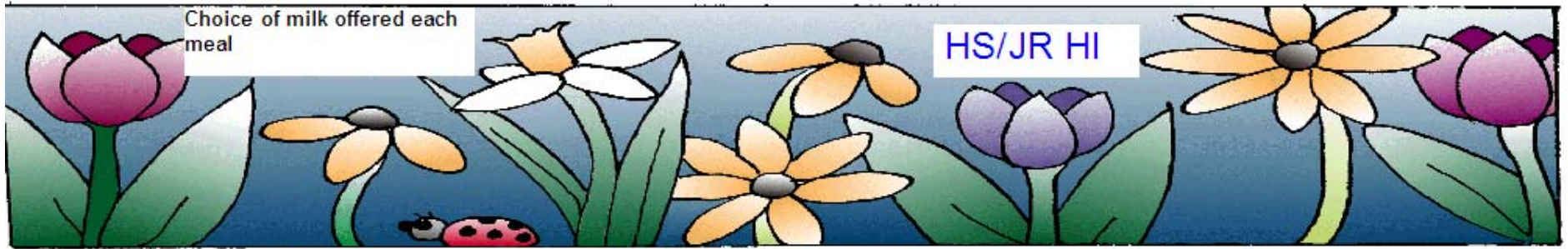


HS/JR HI

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Pizza Wedge Breaded Beef Patty Fried Chicken Mashed Potatoes Green Beans	4 PB & J Uncrustable Taco Burrito Mexican Style Rice Lettuce	5 Turkey & Cheese Sub Meat Ball Sub Burger Burger Salad French Fries	6 Cheese Pizza Baked potato w/chili & c Chicken Rotini Cheesy Veggies Mashed Potatoes	7 Pizza Bar B Q on Bun Chicken Quesadilla Potato Puffs Dill Pickle	<i>Cal 840 T.Fat 25.45 G S.Fat 9.2 G Chol 51.3 Mg Sodm 2023.77 Mg</i>
10 Breaded Beef Patty Chicken Tender Strips Pepperoni Pizza Mashed Potatoes Green Beans	11 Cheese Pizza Popcorn Shrimp Fish Strips Peas Tossed Salad	12 Cheese Pizza Chicken Parmesan Sub Sandwich Burger Salad Broccoli and Cheese	13 Pizza Burger Popcorn Chicken Pork & Beans Potato Puffs	14 NO SCHOOL	<i>Cal 796 T.Fat 25.43 G S.Fat 7.6 G Chol 51.3 Mg Sodm 2349.75 Mg</i>
17 Chicken Nuggets Steak Fingers Burrito Corn cobbette Baked Potato Half	18 Chicken Patty Steak on Bun Pepperoni Pizza Mashed Potatoes Blackeye Peas	19 Pepperoni Pizza Steak Fingers w/gravy Taco Soup Cheesy Veggies Tossed Salad	20 Stromboli Pizza Pocket Chips Pork & Beans Baby Carrots	21 Pizza Corn Dog Frito Pie Potato Puffs Dill Pickle	<i>Cal 834 T.Fat 27.45 G S.Fat 9.2 G Chol 51.5 Mg Sodm 1967.96 Mg</i>
24 Steak on Bun Ravioli Burrito Tossed Salad Ranch Dressing	25 Cheese Pizza Chicken Tender Strips Bar B Q on Bun Mashed Potatoes w/cheese	26 Pepperoni Pizza Chicken Nuggets Ranch Style Beans Tossed Salad Ranch Dressing	27 Burger Potato Puffs Burger Salad Dill Pickle Baby Carrots	28 Ham & Cheese Sandwich Chips Pork & Beans Dill Pickle	<i>Cal 878 T.Fat 28.51 G S.Fat 8.8 G Chol 54.6 Mg Sodm 2447.83 Mg</i>
31	HAVE A GREAT SUMMER				

Choice of milk offered each meal

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	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3	Pancakes Syrup Cereal on-the-go Choc. Chip Muffin Yogurt	4 Pop Tart Yogurt Cereal Bagels Skillet Frittatas	5 Blueberry Muffin Pop Tart Cereal Yogurt Egg, sausage,	6 Breakfast Burrito Pop Tart Yogurt Cereal Bagels	7 Cinnamon Roll Breakfast Pizza Pop Tart Yogurt Bagels	<i>Cal</i> 654 <i>T.Fat</i> 20.23 G <i>S.Fat</i> 6.9 G <i>Chol</i> 55.3 Mg <i>Sodm</i> 834.42 Mg
10	Waffle Sticks Syrup Bagels Blueberry Muffin Pop Tart	11 Choc. Chip Muffin Pop Tart Cereal Yogurt Egg Sausage	12 Bagel Pizza Glazed Donut Pop Tart Yogurt Cereal	13 Cinnamon Roll Sausage Kolace Pop Tart Yogurt Cereal	14 NO SCHOOL	<i>Cal</i> 652 <i>T.Fat</i> 20.37 G <i>S.Fat</i> 6.4 G <i>Chol</i> 32.7 Mg <i>Sodm</i> 760.66 Mg
17	French Toast Breakfast Burrito Pop Tart Yogurt Bagels	18 Yogurt Pop Tart Cereal Chicken & Biscuit Buttered Toast	19 Scrambled Eggs Sausage Link Pop Tart Blueberry Muffin Yogurt	20 Cheese Toast Choc. Chip Muffin Apple Cutie Pie Cereal Bagels	21 Cinnamon Roll Bagel Pizza Pop Tart Yogurt Cereal	<i>Cal</i> 623 <i>T.Fat</i> 18.61 G <i>S.Fat</i> 5.6 G <i>Chol</i> 74.9 Mg <i>Sodm</i> 777.10 Mg
24	Pancakes Syrup Cereal on-the-go Choc. Chip Muffin Yogurt	25 Pop Tart Yogurt Cereal Bagels Skillet Frittatas	26 Blueberry Muffin Pop Tart Cereal Yogurt Egg, sausage,	27 Breakfast Burrito Pop Tart Yogurt Cereal Bagels	28 Cinnamon Roll Pop Tart Cereal Cinnamon Toast Juice	<i>Cal</i> 649 <i>T.Fat</i> 19.59 G <i>S.Fat</i> 6.8 G <i>Chol</i> 54.0 Mg <i>Sodm</i> 790.78 Mg
31			HAVE A GREAT SUMMER			

