



BREAKFAST

Served with Milk,
Juice and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

This Institution is an Equal Opportunity Provider

LUNCH

Served with Milk, Fruit
and Salad Bar



Falcon Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



No School

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Tuesday



Muffin, String Cheese,
Fruit

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Wednesday

Cooks Choice **1**
Elem- Riblet Sandwich, Corn,
Peaches
JRSR- Philly Sandwich, Corn on
Cob, Peaches

Cereal, Toast, Jelly, Fruit **8**
Elem- Chicken Alf. Broccoli,
Breadstick, Oranges
JRSR- Spaghetti, Breadsticks,
Broccoli, Pineapple

Thursday

Cooks Choice **2**
Turkey/ Gravy, Mashed
Potatoes, Broccoli, Pears, WG
Bread

Cereal, Darlington Bar, **9**
Fruit
Elem- Chicken/ Biscuit,
Corn, Pears
JRSR- Cooks Choice

Friday

Cooks Choice **3**
Chicken Patty on Bun, Baked
Beans, Applesauce

Coffee Cake, Marble
Cheese Stick, Fruit **10**
Grilled Cheese, Tomato Soup,
Carrots, Applesauce

Cereal, Toast, Jelly, Fruit **13**
Elem- Spaghetti, Texas Toast,
Carrots, Peaches
JRSR- French Bread, Mar.
Sauce, Carrots, Peaches

No School

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Poptarts, Fruit **14**
Elem- Turkey/ Gravy Mashed
Potatoes, Corn, Pears, Bread
JRSR- Chicken/ Biscuit, Corn,
Peaches

Cooks Choice **21**
Elem- Hamburger, Fries,
Calico Beans, Pineapple
JRSR- Egg Salad/Croissant,
Chips, Baby Carrots, Pears

Cereal, Oatmeal Bar, Fruit **15**
Elem- Tator Tot Hotdish,
Broccoli, Pineapple, Bread
JRSR- BBQ on Bun, Calico
Beans, Pears

Poptart, Fruit **22**
Elem- Chicken Nuggets,
Mashed, Corn, Peaches, Bread
JRSR- Cooks Choice

Jelly Filled Donut, String
Cheese, Fruit **16**
Elem- Taco's, Refried Beans,
Applesauce
JRSR- Riblet Sandwich, Broccoli,
Pineapple

Cooks Choice **23**
Cooks Choice

Cooks Choice **17**
Elem- Chicken Noodle Soup,
Breadstick, Orange, Green Beans
JRSR- Chicken Fajita with Fixings,
Green Beans, Fruit

Cooks Choice **24**
Cooks Choice

No School

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Cooks Choice **28**
Cooks Choice

Cooks Choice **29**
BAG Lunch, Turkey Sandwich,
Chips, Fruit cup, Baby Carrots,
Treat

**HAVE A GREAT
SUMMER!!**

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