



**School Information:** Please make sure your students meal account is in the positive before the end of the year.



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Sausage & Cheese on a Bun or Cereal, Fruit or Juice, and Milk **3**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **4**

WG Muffin or Cereal, Fruit or Juice, and Milk **5**

Pancakes w/Sausage or Cereal, Fruit or Juice, and Milk **6**

Biscuit & Gravy or Cereal, Fruit or Juice, and Milk **7**

French Toast W/Sausage or Cereal, Fruit or Juice, and Milk **10**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **11**

Cinnamon Rolls or Cereal, Fruit or Juice, and Milk **12**

Scrambled Egg Omelet w/Sausage or Cereal, Fruit or Juice, and Milk **13**

NO SCHOOL **14**

Assorted Cereal or Pop Tarts, Fruit or Juice, and Milk **17**

Waffles w/Sausage or Cereal, Fruit or Juice, and Milk **18**

Donuts or Cereal, Fruit or Juice, and Milk **19**

Breakfast Pizza or Cereal, Fruit or Juice, and Milk **20**

Biscuit & Gravy or Cereal, Fruit or Juice, and Milk **21**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **24**

Cooks Choice with Fruit or Juice, and Milk **25**

Cooks Choice with Fruit or Juice, and Milk **26**

Cooks Choice with Fruit or Juice, and Milk **27**

Enjoy Summer Vacation! **28**

**31**

