



Daily offering: Chicken patty or **gluten free chicken, ham and cheese or sun butter and jelly**



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato!

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday



Fruit smoothie with a muffin and veggie **1**

Fruit smoothie with a muffin and veggie **2**

Fruit smoothie with a muffin and veggie

Pizza with veggie and fruit **4**
gluten free pizza available

Munchable, cheese, pepperoni and crackers with fruit and veggie **7**

Cheeseburger with chips, fruit and veggie **8**

General Tso's chicken over rice with green beans and fruit **9**

Grilled cheese and chips with veggie and fruit **10**

Walking taco! Taco meat, cheese, sour cream and salsa to put over your Dorito bag. Served with veggie and fruit **11**

Fruity yogurt parfait with veggie **14**

Chicken Nuggets with fries and fruit **15**

Fruity yogurt parfait with veggie **16**

Grilled cheese and chips with veggie and fruit **17**

Pizza with veggie and fruit **18**
gluten free pizza available

Half day HAPPY SUMMER VACATION!!

22

23

24

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28

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30

