








Nutrition & Wellness July 2024 Menu

Breakfast Menu - served 7:45-8:05 a.m.

July 2024	 Meatless Monday	Taco Tuesday	Waffle Wednesday	Tasty Thursday
July 22-25	Banana Bread	Breakfast Burrito	Waffle & Sausage	 Cheese Pizza Stick
July 29-Aug 1	Berry Cornmeal Muffin	 Bean & Cheese Tostada	 Go Nuts! Waffles	Pancake & Sausage on a Stick
<p><i>Assorted Cereals as an alternative to Main Entree</i> Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg Daily Choice of Fresh Fruits, Applesauce or Raisins Daily Choice of Skim or Fat Free White Milk</p>				



Lunch Menu - Served 11:30 am - 12:50 pm

July 2024	 Meatless Monday	Taco Tuesday	What's up Wednesday	Thankful Thursday
July 22-25	Macaroni & Cheese	Carnitas Tacos 	Thai Peanut Chicken & Noodles Bowl	Hot Dog
July 29-Aug 1	Veggie Chili	Chicken Enchilada Nachos	Roasted Chicken Dinner & Biscuit	Hamburger
Cold Choice Of The Day	Peanut Butter & Jelly	 Nacho Fun Box	Chicken Caesar Salad	 Yogurt Fun Box
<p>Daily Salad Bar with Fresh Fruits, Salad and Vegetable Daily Choice of Skim or Fat Free White Milk</p>				

We Also Offer a Daily Snack.

This institution is an equal opportunities provider. Menu subject to change without prior notice.  Contains pork.

Mix it Up
WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge

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