



This institution is an equal opportunity provider



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

Chicken Nuggets **3**
 Pizza
 Mashed Potatoes
 Green Beans/Roll
 Fruit

Tuesday

Sweet Chili Meat **4**
 Ball Sub
 Chicken Sandwich
 Green Peas/Carrots
 Fruit

Wednesday

Fruit Yogurt Plate **5**
 Spaghetti/Texas
 Toast
 Lima Beans/Side Salad
 Fruit

Thursday

Chef Salad/Crackers **6**
 Cheesy Chicken/Rice
 Steamed Broccoli
 Mixed Veggies/Roll
 Fruit

Friday

Fruit Yogurt Plate **7**
 Hamburger
 French Fries
 Raw Veggies
 Fruit

Mandarin Chicken **10**
 Fried Rice/Egg Roll
 Pizza
 Steamed Broccoli/Squash
 Fruit

Red Beans/Rice **11**
 Grilled Chicken Sandwich
 Turnip Greens/Carrots
 Cornbread
 Fruit

Fruit Yogurt Plate **12**
 B.B.Q Chicken/Roll
 Mashed Potatoes
 Green Beans
 Fruit

Chef Salad/Crackers **13**
 Corn Dog
 Baked Beans
 California Veggies
 Fruit

Fruit Yogurt Plate **14**
 Spicy Chicken Sandwich
 French Fries/Side Salad
 Fruit

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 MANAGER CHOICE

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 MANAGER CHOICE

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 MANAGER CHOICE

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 MANAGER CHOICE

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 HAVE A HAPPY AND
 SAFE SUMMER!

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