



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

Tuesday

Wednesday

Thursday

Friday

Blank lunch menu for Monday.

Spaghetti with Beef Meatballs **1**
 California Mixed Veggies
 Wheat Roll
 Seasonal Fresh Fruit
V: Grilled Cheese

Lightly Breaded Chicken **2**
 Sandwich on Whole Wheat Bun
 Baked French Fries
 Sweet Peas
 Seasonal Fresh Fruit
V: Veggie Patty on Wheat Bun

Oven Baked Chicken Tenders **3**
 Loaded Mashed Potatoes
 Mixed Veggies
 Seasonal Fresh Fruit
V: Veggie Nuggets

Pizza **4**

Ground Beef Taco w/
 Shredded Cheddar & Monterey Jack
 Cheese **7**
 Pinto & Black Bean Mix
 Spanish Rice
 Seasonal Fresh Fruit
V: Bean & Cheese Taco

BBQ Baked Chicken Leg **8**
 Macaroni & Cheese
 California Mixed Veggies
 Seasonal Fresh Fruit
**V: Cheesy Broccoli Rice Casserole w/
 Wheat Roll**

Golden Crunch Fish Sticks **9**
 Steamed White Rice
 Green Beans
 Seasonal Fresh Fruit
V: Grilled Cheese

Baked Dino Nuggets **10**
 Mashed Sweet Potatoes
 Mixed Veggies
 Seasonal Fresh Fruit
V: Veggie Nuggets

Pizza **11**

Chicken Teriyaki Fried **14**
 Rice w/ Mixed Veggies
 Steamed Edamame
 Wheat Roll
 Seasonal Fresh Fruit
V: Veggie Teriyaki 'Chicken'

Ground Beef Sloppy Joe **15**
 On Wheat Bun
 Mashed Potatoes
 Corn
 Seasonal Fresh Fruit
V: Veggie Sloppy Joe

Grilled Cheese **16**
 Parslied Red Potatoes
 Sweet Peas
 Seasonal Fresh Fruit

Oven Baked Chicken Tenders **17**
 Veggies Baked Beans
 Homestyle Cornbread
 Seasonal Fresh Fruit
V: Veggie Nuggets

Pizza **18**

Breakfast for Lunch! **21**
 Pancakes w/ Syrup
 Turkey Sausage
 Potatoes O'Brien
 Seasonal Fresh Fruit
V: Veggie Sausage Patty

Chicken, Spinach, & Cheese **22**
 Quesadilla
 Spanish Rice
 Refried Beans
 Seasonal Fresh Fruit
V: Spinach & Cheese Quesadilla

Oven Baked Chicken Leg **23**
 Steamed White Rice w/ Gravy
 Corn
 Seasonal Fresh Fruit
**V: Cheesy Broccoli Rice Casserole w/
 Wheat Roll**

Baked Dino Nuggets **24**
 Broccoli Cheese rice
 Green Beans
 Seasonal Fresh Fruit
V: Veggie Nuggets

Early Dismissal at 11:30 **25**
 No After School Care
 Have a great summer!

Blank lunch menu for Monday **28**

Blank lunch menu for Tuesday **29**

Blank lunch menu for Wednesday **30**

Blank lunch menu for Thursday **31**

