



**MIDDLE SCHOOL
&
HIGH SCHOOL
PROGRAMS**



DAILY BREAKFAST MENUS

MONDAY—Cold Cereal & Grahams

TUESDAY—Muffin & Yogurt

WEDNESDAY—Sausage Breakfast Pizza

THURSDAY—Cold Cereal & Grahams

FRIDAY—Cocoa Cherry Bar & Yogurt

All breakfasts include choice of fruit juice and milk

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Philly Style Cheesesteak on Flat Bread Crunchy Baby Carrots w/Ranch Dip Amazin' Raisins Choice of Milk	LUNCH Soft Chicken Taco w/Shredded Cheese Tostitos Baked Scoops W/Salsa Seasonal Fresh Fruit Choice of Milk	LUNCH Hot Dog on a Bun Southern Style Baked Beans Rips 100% Juice Slush® Choice of Milk	LUNCH Pork BBQ Rib Sandwich Cucumber Sticks w/Ranch Dip Applesauce Cup Choice of Milk	LUNCH Cold Deli Sub w/Nacho Doritos Fresh Veggie Medley w/Ranch Dip Amazin' Raisins Choice of Milk

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Corn Dog w/Cool Ranch Doritos Summer Sweet Grape Tomatoes Pineapple Tidbit Cup Choice of Milk	LUNCH Philly Style Cheesesteak on Flat Bread Crisp Broccoli Florets w/Ranch Dip Seasonal Fresh Fruit Choice of Milk	LUNCH Chargrilled Cheeseburger on a Bun Southern Style Baked Beans Rips 100% Juice Slush® Choice of Milk	LUNCH Crispy Chicken Filet on a Bun Cucumber Sticks w/Ranch Dip Amazin' Raisins Choice of Milk	LUNCH PB&J Uncrustable w/Mozzarella Stick & Sun Chips Fresh Veggie Medley w/Ranch Dip Applesauce Cup Choice of Milk

TOASTED.

Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!