

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer



PAY FOR MEALS ONLINE
MySchoolBucks.com

1
Cereal Variety
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

2
Fruit Frudel
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

3
Whole Wheat Donut Wheels
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

6
Mini Cinnamon Rolls
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

7
Breakfast Pizza
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

8
Cereal Variety
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

9
Fruit Frudel
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

10
Mini French Toast
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

13
Mini Cinnamon Rolls
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

14
Breakfast Pizza
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

15
Cereal Variety
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

16
Fruit Frudel
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

17
Whole Wheat Donut Wheels
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

20
Mini Cinnamon Rolls
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

21
Breakfast Pizza
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

22
Cereal Variety
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

23
Fruit Frudel
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk

24
Mini French Toast
Oatmeal Bar
Muffin
Fresh Fruit or Canned Fruit
Fruit Juice
Assorted Milk



29
Enjoy
Summer

30
Thank you for
supporting
Nutritional Services

31
We will see
you in
August

School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools

Fitness Tip: MyPlate recommends:

Children need at least 60 minutes of physical activity every day. Be active together as a family this summer and



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