

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer



PAY FOR MEALS ONLINE
MySchoolBucks.com

1
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

2
Assorted Muffins
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

3
Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

6
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

7
Banana Bread
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

8
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

9
Assorted Muffins
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

10
Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

13
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

14
Banana Bread
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

15
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

16
Assorted Muffins
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

17
Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

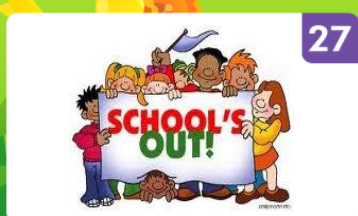
20
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

21
Banana Bread
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

22
Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
Assorted Milk

23
Assorted Muffins
Fresh, Canned, or Dried Fruit or Carrot Sticks
Fruit Juice
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24
Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or Carrot Sticks
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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