

Monday

Tuesday

Wednesday

Thursday

Friday

6
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

7
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

1
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

2
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

3
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

13
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

14
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

8
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

9
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

10
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

20
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

21
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

15
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

16
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

17
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

27
USDA is an equal employer

28
Fitness Tip: MyPlate recommends at least 60 minutes of physical activity every day. Be active together as a family this summer and make physical activity fun for you all!

22
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

23
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

24



30
Thank you for supporting Nutritional Services

31
We will see you August 19