

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

*Breakfast is served at Bear Creek, Lewis-Palmer and Palmer Lake Elementary Schools and all secondary schools*

**1**  
 Chicken Fried Steak  
 Mashed Potatoes & Gravy  
 Steamed Green Beans  
 Veggie & Fruit Bar  
 Assorted Milk

**2**  
 Pizza Stixs  
 Steamed Carrots  
 Frosted Cake  
 Veggie & Fruit Bar  
 Assorted Milk

**3**  
 Hot Dog on Bun  
 Baked French Fries  
 Italian Salad  
 Veggie & Fruit Bar  
 Assorted Milk

**6**  
 BBQ Rib Sandwich  
 Baked French Fries  
 Pudding  
 Veggie & Fruit Bar  
 Assorted Milk

**7**  
 Penne Pasta with Alfredo Sauce  
 Steamed Broccoli  
 Roll  
 Veggie & Fruit Bar  
 Assorted Milk

**8**  
 Southwestern Taco Bowl  
 Cinnamon Churro  
 Veggie & Fruit Bar  
 Assorted Milk

**9**  
 Dominos Cheese Pizza  
 Steamed Corn  
 Veggie & Fruit Bar  
 Assorted Milk

**10**  
 Popcorn Chicken  
 Baked Beans  
 Veggie & Fruit Bar  
 Assorted Milk

**13**  
 Taquitos  
 Spanish Rice  
 Churro  
 Veggie & Fruit Bar  
 Assorted Milk

**14**  
 Pizza Stixs  
 Steamed Carrots  
 Chocolate Chip Cookie  
 Veggie & Fruit Bar  
 Assorted Milk

**15**  
 Breakfast for Lunch  
 French Toast  
 Sausage, Hash Brown  
 Veggie & Fruit Bar  
 Assorted Milk

**16**  
 Teriyaki Chicken  
 Seasoned Broccoli  
 Steamed Brown Rice  
 Veggie & Fruit Bar  
 Assorted Milk

**17**  
 Hamburger Bar  
 Potato Salad  
 Veggie & Fruit Bar  
 Assorted Milk

**20**  
 Chicken Nuggets  
 Baked Potato Fries  
 Baked Cookie  
 Veggie & Fruit Bar  
 Assorted Milk

**21**  
 Pretzel with Cheese  
 Steamed Green Beans  
 Baked Cookie  
 Veggie & Fruit Bar  
 Assorted Milk

**22**  
 Big Daddy Pizza  
 Steamed Broccoli  
 Veggie & Fruit Bar  
 Assorted Milk

**23**  
 Chicken Patty Sandwich  
 Potato Salad  
 Chocolate Chip Cookie  
 Veggie & Fruit Bar  
 Assorted Milk

**24**  
 Grab & Go Sack Lunch  
 Corndog  
 Chips  
 Carrots  
 Apple  
 Cookie



**27**  
**28**  
**29**  
**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!

**30**  
**Thank you for supporting Nutritional Services**

**31**  
**We will see you August 19**

There is a choice of entrees served daily with unlimited fruit and vegetable bar  
 A different entree is offered daily or a choice of the following entrees are also available

- Specialty Pizza
- Chicken Patty Sandwich
- Hamburger on Bun
- Grab N' Go Salads