

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

**7**  
Breakfast Bear Burger  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**1**  
Egg Sausage Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**2**  
Bagel & Egg Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**3**  
Croissant Sandwich  
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**  
Breakfast Bear Burger  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**8**  
Egg Sausage Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**9**  
Bagel & Egg Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**10**  
Croissant Sandwich  
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**  
Breakfast Bear Burger  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**15**  
Egg Sausage Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**16**  
Bagel & Egg Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**17**  
Croissant Sandwich  
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**  
Egg Sausage Sandwich  
Oatmeal Bar  
Whole Grain Muffin Variety  
Seasonal Fresh Fruit  
Fruit Juice  
Assorted Milk

**23**  
Bagel & Egg Sandwich  
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**

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