

Monday

Tuesday

Wednesday

Thursday

Friday

4
Poptart
String Cheese
Fruit

5
Cereal
Yogurt
Fruit

6
Cinnamon Roll
Cheese Cubes
Fruit

7
French Toast
Syrup
Fruit

1
Biscuit and Gravy
Peaches

11
Nutri-Grain Bar
String Cheese
Fruit

12
Cereal
Yogurt
Fruit

13
Cinnamon Roll
Cheese Cubes
Fruit

14
French Toast
Syrup
Fruit

8
Frudel Stick
String Cheese
Fruit

15
Frudel Stick
Cheese Cubes
Fruit

18
Coco Puff Bar
String Cheese
Fruit

19
Cereal
Yogurt
Fruit

20
Cinnamon Roll
Cheese Cubes
Fruit

21
French Toast
Syrup
Fruit

22

25

26

27

28

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“If you dwell on your problems and just can’t stop, a walk through a meadow might put the brakes on the thought train circling through your head. Research shows that a 90-minute walk in nature lowers activity in the part of the brain linked to negative rumination. The same walk in an urban setting doesn’t have the same effect.” (American Heart Association)

Monday

Tuesday

Wednesday

Thursday

Friday



4
Hamburger on Bun
Sweet Potato Fries
Baked Beans
Mixed Fruit

5
Pork Tacos w/Cheese
Salad
Corn
Baked Apples

6
Egg, Ham, Cheese on
English Muffin
Tri-Tater
Broccoli
Applesauce

7
Chicken Strips
Mashed Potatoes w/Gravy
Peas
Pineapple

1
Pizza
Peas
Salad
Peaches

11
Mini Corn Dogs
Tater Tots
Baked Beans
Mixed Fruit

12
GRANDPARENTS DAY
Ham & Cheese Sandwich
Raw Veggies
Slushy Cup
Fruit Cup

13
Chicken Tacos
Salad
Corn
Mandarin Oranges

14
BBQ on Bun
French Fries
Broccoli
Peaches

8
Bosco Sticks
Marinara
Green Bean Cass.
Peaches

15
Pizza
Salad
Carrots
Pears

18
Mini Calzone
Marinara
Broccoli
Mandarin Oranges

19
Cheese Quesadilla
Salad
Green Beans
Mixed Fruit

20
FUN DAY
Turkey Sub
Chips & Salsa
Slushy Cup
Fruit Cup

21
LAST DAY OF SCHOOL
Hot Dog
Tater Tots
Baked Beans
Fruit

22

25

26

27

28

29