

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
Chocolate Chip Granola Bar  
String Cheese  
Fruit

**5**  
Cereal  
Yogurt  
Fruit

**6**  
Frudel  
Cheese Cubes  
Fruit

**7**  
Waffle  
Syrup  
Fruit

**1**  
Biscuit and Gravy  
Applesauce

**11**  
Cinnamon Toast Crunch Bar  
Yogurt  
Fruit

**12**  
Cereal  
Yogurt  
Fruit

**13**  
Cinnamon Roll  
Cheese Cubes  
Fruit

**14**  
Waffle  
Syrup  
Fruit

**8**  
Biscuit and Gravy  
Fruit

**15**  
Biscuit and Gravy  
Fruit

**18**  
Poptart  
Yogurt  
Fruit

**19**  
Cereal  
Yogurt  
Fruit

**20**  
Frudel  
Cheese Cubes  
Fruit

**21**  
Waffle  
Syrup  
Fruit

**22**

**25**

**26**

**27**

**28**

**29**

“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  
Bosco Sticks  
Marinara  
Green Bean Cass.  
Peaches

5  
Pork Tacos  
Corn  
Sliced Oranges

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

7  
Salisbury Steak  
Mashed Potatoes w/Gravy  
Peas  
Pears

8  
Sweet & Sour Chicken  
Over Rice  
Egg Roll  
Broccoli  
Pineapple

11  
Corn Dog  
Tri-Tater  
Baked Beans  
Mixed Fruit

12  
Chicken Enchilada  
Salad  
Green Beans  
Mandarin Oranges

13  
Hot Turkey on Bread  
Mashed Potatoes w/Gravy  
Peas  
Peaches

14  
Pork Tenderloin on Bun  
French Fries  
Broccoli  
Pears

15  
HS-Calzone  
7/8-Bosco Sticks  
Marinara  
Carrots  
Pineapple

18  
Toasted Ravs  
Breaded Cheese Stick  
Marinara  
Broccoli  
Peaches

19  
TBA

20  
TBA

21  
LAST DAY OF SCHOOL  
TBA

25

26

27

28

29

