



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Menu Information:

Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

Monday

Mini Corndogs (7-8(33) (9-12(38) or Hamburger on Bun 933) **1**

Carrots (5)

Tuesday

Breaded Pork Cutlet (11) w/HMD Bread(16) or Chicken/Cheese Flatbread(25) **2**

Mashed Potatoes(20)Gravy(4)

Wednesday

Cheeseburger on Bun (33) or Roasted Chicken on Bun (33) **3**

Baked Beans (29)

Thursday

Chicken Alfredo Pizza (40) or Ham & Cheese Flatbread (28) **4**

Green Peas(11)

Friday

Soft Shell Taco (7-8(25) (9-12(32) or Jeff Rib on Bun (38) **5**

Refried Beans (23)

Popcorn Chicken (13) w/HMD Bread (16) or Cheeseburger Pocket (35) **8**

Broccoli w/Cheese (5)

Oven Fried Chicken(11) w/HMD Bread (16) or Jeff Rib on Bu (38) **9**

Mashed potatoes(20) Gravy(4)

Macho Nacho (7-8(24) (9-12(40) or Hamburger on Bun (33) **10**

Refried Beans (23)

HMD Beef Pizza (36) or Roasted Chicken on Bun (33) **11**

Corn (16)

Cheesy Fish Patty on Bun (41) or Ham & Cheese Wrap (25) **12**

Tater Tots (20)

Buffalo Chicken Pizza (35) or Stuffed Crust Pepperoni Pizza(34) **15**

Corn (16)

Chicken Tetrazinni (35) w/HMD Bread(16) or Cheeseburger on Bun (33) **16**

Mixed Vegetables(12)

Jeff Chef Special Selections **17**

Jeff Chef Special Selections **18**

LAST DAY SCHOOL **19**

NO LUNCH SERVED

HAVE A GREAT SUMMER!!!

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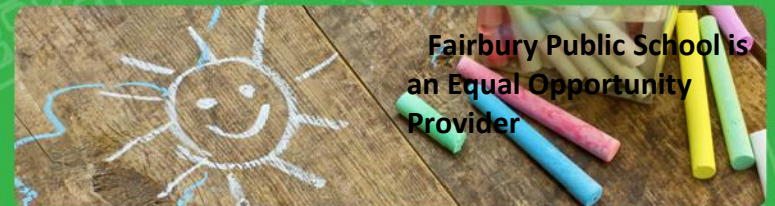
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26

Jr-Sr High Lunch Price \$2.85 **29**
 Extra Entrée \$2.00
 Side of Fruit or Vegetable \$.50
 Chips or Cereal Bar \$.75
 Extra Milk \$.40

30

31



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