



read
play
learn
run
dream

July

take time for
**school
BREAKFAST**



Elementary Traditional Breakfast Menu

TRADITIONAL 

Meal Prices	
Student	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.55
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.30
Extra Milk	.50

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered

Monday	Tuesday	Wednesday	Thursday	Friday
2 BREAKFAST PACK	3 BREAKFAST PACK	4  INDEPENDENCE DAY	5 BREAKFAST PACK	6 BREAKFAST PACK
9 BREAKFAST PACK	10 BREAKFAST PACK	11 BREAKFAST PACK	12 BREAKFAST PACK	13 BREAKFAST PACK
16 BREAKFAST PACK	17 BREAKFAST PACK	18 BREAKFAST PACK	19 BREAKFAST PACK	20 BREAKFAST PACK
23 BREAKFAST PACK	24 BREAKFAST PACK	25 BREAKFAST PACK	26 BREAKFAST PACK	27 BREAKFAST PACK
30 BREAKFAST PACK	31 BREAKFAST PACK			



My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using MypaymentsPlus.com





JULY

Elementary Lunch Menu



Meal Prices	
Student	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.55
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.30
Extra Milk	.50

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All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHEESEBURGER BAKED FRIES	3 TACO SALAD SALSA	4 <i>happy 4th of JULY!</i>	5 CHICKEN NUGGETS DINNER ROLL MASHED POTATOES & GRAVY	6 TURKEY & CHEESE SANDWICH CHEDDAR GOLDFISH
9 CHEESEBURGER BAKED FRIES	10 TACO SALAD SALSA	11 ZESTY SPAGHETTI & MEATSAUCE BREADSTICK	12 CHICKEN NUGGETS DINNER ROLL MASHED POTATOES & GRAVY	13 TURKEY & CHEESE SANDWICH CHEDDAR GOLDFISH
16 CHEESEBURGER BAKED FRIES	17 TACO SALAD SALSA	18 ZESTY SPAGHETTI & MEATSAUCE BREADSTICK	19 CHICKEN NUGGETS DINNER ROLL MASHED POTATOES & GRAVY	20 TURKEY & CHEESE SANDWICH CHEDDAR GOLDFISH
23 CHEESEBURGER BAKED FRIES	24 TACO SALAD SALSA	25 ZESTY SPAGHETTI & MEATSAUCE BREADSTICK	26 CHICKEN NUGGETS DINNER ROLL MASHED POTATOES & GRAVY	27 TURKEY & CHEESE SANDWICH CHEDDAR GOLDFISH
30 CHEESEBURGER BAKED FRIES	31 TACO SALAD SALSA			



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Fresh Fruits & Vegetable Bar Offered Daily.