

July

K-12 BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <ul style="list-style-type: none"> Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF) <p>2</p> | <ul style="list-style-type: none"> Banana Muffin <p>3</p> | <p>Holiday</p> <p>4</p> | <ul style="list-style-type: none"> RF Snow Flurries Cereal (DF) <p>5</p> | <ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>6</p> |
| <ul style="list-style-type: none"> RF Cocoa Critters Cereal (DF) <p>9</p> | <ul style="list-style-type: none"> Yogurt/Granola/ Fruit <p>10</p> | <ul style="list-style-type: none"> French Toast Muffin <p>11</p> | <ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>12</p> | <ul style="list-style-type: none"> Breakfast Cinnamon Crumble <p>13</p> |
| <ul style="list-style-type: none"> Corn Chex/Zac Attack Strawberry (1.35 oz) (DF) <p>16</p> | <ul style="list-style-type: none"> HOT Pancakes w/ Syrup <p>17</p> | <ul style="list-style-type: none"> Lemon Muffin) <p>18</p> | <ul style="list-style-type: none"> Yogurt/Granola/ Fruit <p>19</p> | <ul style="list-style-type: none"> RF Cocoa Critters Cereal (DF) <p>20</p> |
| <ul style="list-style-type: none"> Zac Omega Bar Strawberry (2.5 oz) (DF) <p>23</p> | <ul style="list-style-type: none"> RF Honey Buttons Cereal (DF) <p>24</p> | <ul style="list-style-type: none"> HOT Mini Cheese Omelet with French Toast Stick <p>25</p> | <ul style="list-style-type: none"> Dipper Doodle Bar (2.3 oz) (DF) <p>26</p> | <ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>27</p> |
| <p>30</p> | <p>31</p> | | | |

Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider



July

PSN BREAKFAST

revolution foods.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <ul style="list-style-type: none"> Corn Chex (DF) <p>2</p> | <ul style="list-style-type: none"> Banana Muffin <p>3</p> | <p>Holiday</p> <p>4</p> | <ul style="list-style-type: none"> Cheerios (DF) <p>5</p> | <ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>6</p> |
| <ul style="list-style-type: none"> Cinnamon Rumbles and String Cheese <p>9</p> | <ul style="list-style-type: none"> Yogurt/Granola/ Fruit <p>10</p> | <ul style="list-style-type: none"> French Toast Muffin <p>11</p> | <ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>12</p> | <ul style="list-style-type: none"> Breakfast Cinnamon Crumble <p>13</p> |
| <ul style="list-style-type: none"> Multigrain Cheerios (DF) <p>16</p> | <ul style="list-style-type: none"> HOT Pancakes w/ Syrup <p>17</p> | <ul style="list-style-type: none"> Lemon Muffin <p>18</p> | <ul style="list-style-type: none"> Yogurt/Granola/ Fruit <p>19</p> | <ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>20</p> |
| <ul style="list-style-type: none"> Cheerios (DF) <p>23</p> | <ul style="list-style-type: none"> String Cheese/Cinnamon Grahams <p>24</p> | <ul style="list-style-type: none"> HOT Mini Cheese Omelet with French Toast Stick <p>25</p> | <ul style="list-style-type: none"> Yogurt/Granola/ Fruit <p>26</p> | <ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>27</p> |
| <p>30</p> | <p>31</p> | | | |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <ul style="list-style-type: none"> Turkey and Cheddar Sandwich Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Grape Tomatoes and Pinto Beans <p>2</p> | <ul style="list-style-type: none"> Jumbo Italian Meatball with Penne Sweet Potatoes <p>3</p> | <p>Holiday</p> <p>4</p> | <ul style="list-style-type: none"> Cheesy Pizza Bite Meal (VG) The Revolution Hot Dog (DF) Cucumber Tomato Salad <p>5</p> | <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Five Cheese Lasagna (VG) Chili Citrus Corn <p>6</p> |
| <ul style="list-style-type: none"> Turkey and Cheddar Sandwich Baby Carrots and Pinto Beans <p>9</p> | <ul style="list-style-type: none"> The Revolution Hot Dog (DF) Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Green Peas <p>10</p> | <ul style="list-style-type: none"> Chicken Taco Trio Egg Salad Sandwich (VG) (DF) Sweet Potatoes <p>11</p> | <ul style="list-style-type: none"> Pasta with Zesty Beef Southwest Veggie Wrap (VG) Broccoli <p>12</p> | <ul style="list-style-type: none"> Cheddar Cheese Sandwich (VG) Mighty Meaty Deli Combo Sandwich Chilled Green Beans <p>13</p> |
| <ul style="list-style-type: none"> Chicken Bites Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Edamame and Blanched Broccoli Florets <p>16</p> | <ul style="list-style-type: none"> Pepper Jack Cheeseburger Chili Citrus Corn <p>17</p> | <ul style="list-style-type: none"> The Revolution Hot Dog (DF) Cheese Pizza with a Whole Grain Crust (VG) Glazed Carrots <p>18</p> | <ul style="list-style-type: none"> Bean and Cheese Quesadilla (VG) Mighty Meaty Deli Combo Sandwich Chopped Lettuce and Sliced Tomatoes with Ranch <p>19</p> | <ul style="list-style-type: none"> Jumbo Italian Meatball with Penne Cucumber Tomato Salad <p>20</p> |
| <ul style="list-style-type: none"> Honey Mustard Chicken Wrap Cheddar Cheese Sandwich (VG) Pinto Beans and Baby Carrots <p>23</p> | <ul style="list-style-type: none"> Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Green Peas <p>24</p> | <ul style="list-style-type: none"> Pasta with Zesty Beef Southwest Veggie Wrap (VG) Chilled Green Beans <p>25</p> | <ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Cheese Pizza with a Whole Grain Crust (VG) 1 Chopped Lettuce and Sliced Tomatoes with Ranch <p>26</p> | <ul style="list-style-type: none"> Chicken Taco Trio Egg Salad Sandwich (VG) (DF) Sweet Potatoes <p>27</p> |
| <p>30</p> | <p>31</p> | | | |

Quiz Time!

Q: Which has more Vitamin C – a red bell pepper or an orange?



A: Contrary to popular belief, a pepper actually has more Vitamin C (152 mg) than an orange (70mg)!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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July

PSN LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <ul style="list-style-type: none"> Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Tomatoes and Pinto Beans <p>2</p> | <ul style="list-style-type: none"> Jumbo Italian Meatball with Penne Taco Dippers Kit (VG) Sweet Potatoes <p>3</p> | Holiday | <ul style="list-style-type: none"> Cheesy Pizza Bite Meal (VG) Buffalo Chicken Sandwich Sliced Cucumber <p>5</p> | <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Five Cheese Lasagna (VG) Chili Citrus Corn <p>6</p> |
| <ul style="list-style-type: none"> Chicken Teriyaki with Brown Rice (DF) Diced Carrots and Pinto Beans <p>9</p> | <ul style="list-style-type: none"> Grilled Chicken Bites with BBQ Bean Sauce (DF) PRO Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Green Peas <p>10</p> | <ul style="list-style-type: none"> Chicken Taco Trio Egg Salad Sandwich (VG) (DF) Sweet Potatoes <p>11</p> | <ul style="list-style-type: none"> Pasta with Zesty Beef Southwest Veggie Wrap (VG) Broccoli <p>12</p> | <ul style="list-style-type: none"> Sloppy Joe (DF) Cheddar Cheese Sandwich (VG) Chilled Green Beans <p>13</p> |
| <ul style="list-style-type: none"> Chicken Bites Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Pinto beans and Blanched Broccoli Florets <p>16</p> | <ul style="list-style-type: none"> Pepper Jack Cheeseburger Mama's Tamale (Mild Green Chili and Cheese) (VG) Chili Citrus Corn <p>17</p> | <ul style="list-style-type: none"> Bean and cheese pupusa (VG) PRO Glazed Carrots <p>18</p> | <ul style="list-style-type: none"> Bean and Cheese Quesadilla (VG) Mighty Meaty Deli Combo Sandwich Chopped Lettuce and Sliced Tomatoes with Ranch <p>19</p> | <ul style="list-style-type: none"> Jumbo Italian Meatball with Penne Egg Salad Sandwich (DF) Cucumber Tomato Salad <p>20</p> |
| <ul style="list-style-type: none"> Cheesy Chicken Quesadilla Buffalo Chicken Pizza 1 Cheddar Cheese Sandwich (VG) Pinto Beans and Diced Carrots <p>23</p> | <ul style="list-style-type: none"> Mighty Meaty Deli Combo Sandwich Green Peas <p>24</p> | <ul style="list-style-type: none"> Pasta with Zesty Beef <p>25</p> | <ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Cheese Pizza with a Whole Grain Crust (VG) 1 Chopped Lettuce and Sliced Tomatoes with Ranch <p>26</p> | <ul style="list-style-type: none"> Crispy Chicken Sandwich Egg Salad Sandwich (VG) (DF) Sweet Potatoes <p>27</p> |
| 30 | 31 | | | |

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