

InSeason! Blueberries

Blueberries are very low in calories. 100 g fresh berries carry just 57 calories. Nonetheless, they possess notable health benefiting plant-nutrients such as soluble dietary fiber, minerals, vitamins, and pigment anti-oxidants that contribute immensely towards optimum health and wellness.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vacation **03**
No meal services today.

HAPPY 4th OF JULY! **04**

PANCAKES, MINI **05**
Applesauce Cup
TACO BURGER
Lettuce & tomato
Refried Beans
Fresh Banana

BREAKFAST **06**
BURRITO
Apple Juice
FRITO PIE
Lettuce & tomato
Fresh Grapes

CEREAL, TRIX **07**
Watermelon Chunks
TOAST, WG
PB & J POCKET
Celery Sticks
Fresh Banana
Peanut Butter PC

WG POP TART **10**
Diced Pears
QUESADILLAS,
CHICKEN
Salsa
Carrot Sticks
Watermelon

WAFFLE STICKS **11**
Fresh berries
CHICKEN ALFREDO
Cucumber Slices
Fresh Strawberries

SAUSAGE PATTY **12**
ON English Muffin
Orange Juice
HAMBURGER
Baked Beans
Lettuce & Tomato
Fresh Oranges

ZUCCHINI BREAD **13**
SLICE
Fresh Oranges
NACHOS
Lettuce & tomato
Cantaloupe

CEREAL **14**
Honey Nut Cheerios
Cantaloupe
PIZZA,
Fresh Veggie Sticks
Fresh Apple

FRENCH TOAST **17**
STICKS
Applesauce Cup
HAM & CHEESE
Fresh Veggie Sticks
Fruit Smoothie

WG RICE KRISPIES **18**
BAR
Fresh Oranges
CHICKEN TENDERS
FRIES, Dinner Roll
Fresh Grapes

BREAKFAST PIZZA **19**
Fresh Strawberries
TORTILLA BURGER
Fries
Lettuce & Tomato
Fresh Oranges

PB&J POCKET **20**
Fresh Banana
BEAN BURRITO
Salsa
Spanish Rice
Fresh Fruit cup

CEREAL, Mini Wheats **21**
Celery Sticks
Peanut Butter PC,
DRUMSTICK
Potato Salad
ROLL, WW
Watermelon Chunks

OATMEAL BAR, **24**
Pineapple Tidbits
PEPPERONI PIZZA
Tossed Green Salad
Fresh Apple

MUFFIN, **25**
BLUEBERRY
Fresh Grapes
TURKEY & CHEESE
SANDWICH
Fresh Veggie Sticks
Fresh Strawberries

PANCAKES, MINI **26**
Applesauce Cup
CHEESEBURGER
Lettuce & tomato
Baked Beans
Fresh Banana

BREAKFAST **27**
BURRITO
Apple Juice
FRITO PIE
Lettuce & tomato
Grapes

CEREAL, TRIX **28**
Watermelon
TOAST, WG
PB & J POCKET
Celery Sticks
Peanut Butter PC
Fresh Banana

WG POP TART **31**
DICED PEARS
QUESADILLAS,
CHICKEN
Salsa
Carrot Sticks
Watermelon Chunks

August 1
WAFFLE STICKS
Fresh fruit
CHICKEN ALFREDO
Cucumber Slices
Fresh Strawberries

CEREAL, Honey **2**
Nut Cheerios
Orange Juice
TACO Burger
Refried Beans
Lettuce & Tomato
Fresh Oranges

PLEASE NOTE:
Meals on July 31, Aug. 1 and Aug. 2nd are only served at Jaramillo, Dennis Chavez & La Promesa Elem. (K-3 Program)

FREE
1-18 yrs. Old

All meals are served with choice of milk; 1% White Milk, or Fat Free Milk. or Chocolate

Menus are subject to change due to delivery shortages from our distributors. Fruit choices are subject to change due to season and their availability.
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Adults \$3.00

