



Elementary

July 2018 Lunch Menu

Healthy Meals Grow Healthy Kids!



Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Lunch

\$2.50/\$2.75

Adult Breakfast

\$3.35

take time for
**SCHOOL
BREAKFAST**



Nutrition News

Celebrate National Nutrition Month! Take the time this month to focus on the experience you have during mealtime. In addition to choosing healthy foods, it is important to create mindful eating habits such as:

- Slowing down to savor each bite
- Eating meals with your family and friends; avoid eating in front of the TV
- Being aware of when you are full

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crispy Chicken Tenders Dinner Roll Smilie Fries Fresh or Chilled Fruit	3 All Beef Hot Dog on a Bun Vegetable Medley Fresh or Chilled Fruit	4 No Lunch School Closed	5 Cheese Pizza Vegetable Medley Fresh or Chilled Fruit	6 No Lunch School Closed
9 Crispy Chicken Tenders Dinner Roll Smilie Fries Fresh or Chilled Fruit	10 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	11 Crispy Chicken Patty On a roll Smilie Fries Fresh or Chilled Fruit	12 Cheese Pizza Vegetable Medley Fresh or Chilled Fruit	13 No Lunch School Closed
16 Crispy Chicken Tenders Dinner Roll Smilie Fries Fresh or Chilled Fruit	17 All Beef Hot Dog on a Bun Vegetable Medley Fresh or Chilled Fruit	18 Crispy Chicken Patty On a roll Smilie Fries Fresh or Chilled Fruit	19 Cheese Pizza Vegetable Medley Fresh or Chilled Fruit	20 No Lunch School Closed
23 Crispy Chicken Tenders Dinner Roll Smilie Fries Fresh or Chilled Fruit	24 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	25 Crispy Chicken Patty On a roll Smilie Fries Fresh or Chilled Fruit	26 Cheese Pizza Vegetable Medley Fresh or Chilled Fruit	27 No Lunch School Closed
30 Crispy Chicken Tenders Dinner Roll Smilie Fries Fresh or Chilled Fruit	31 All Beef Hot Dog on a Bun Vegetable Medley Fresh or Chilled Fruit			

MENU SUBJECT TO CHANGE



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