



School Information:

Have a great summer!
School starts August 24, 2022



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Banana Bread
Fruit/Milk

2

Danish
Fruit/Milk

3

Granola Bar
Fruit/Milk

4

Cinco De Mayo
Cinnamon Roll
Fruit/Milk

5

School Lunch Hero Day
Cold Cereal
Fruit/Milk

6

Strudel
Fruit/Milk

9

Belvita
Fruit/Milk

10

Raspberry Scone
Fruit/Milk

11

Yogurt
Fruit/Milk

12

Cold Cereal
Fruit/Milk

13

Mini Bagel
Fruit/Milk

16

Pop Tart
Fruit/Milk

17

Breakfast Cookie
Fruit/Milk

18

Cinnamon Twist
Fruit/Milk

19

Cold Cereal
Fruit/Milk

20

Donut
Fruit/Milk

23

Muffin
Fruit/Milk

24

LAST DAY of SCHOOL
Chocolate Chip Waffle
Fruit/Milk

25

26

27

Memorial Day

30

31

