

GEAR UP FOR PUSH-UP CHALLENGE



ANNOUNCEMENTS:

- 1% WHITE AND FLAVORED MILK OFFERED DAILY AT ALL MEALS
- CONDIMENTS OFFERED AT MEALS
- MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY
- SUMMER MEALS OFFERED MONDAY-THURSDAY FOR THE MONTH OF JUNE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 CEREAL OR CEREAL
BAR AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

6 BREAKFAST PIZZA OR
CEREAL AND GRAHAM
CRACKERS
JUICE
CRAISINS

7 POPTART OR CEREAL
AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

1 CEREAL BAR OR
CEREAL AND
GRAHAM CRACKERS
JUICE
CRAISINS

8 CEREAL BAR OR
CEREAL AND GRAHAM
CRACKERS
JUICE
CRAISINS

12 CEREAL OR CEREAL
BAR AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

13 DONUTS OR CEREAL
AND GRAHAM
CRACKERS
JUICE
CRAISINS

14 POPTART OR CEREAL
BAR AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

15 CEREAL OR CEREAL
BAR AND GRAHAM
CRACKERS
JUICE
CRAISINS

19 CEREAL OR CEREAL
AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

20 HONEY BUN OR
CEREAL AND GRAHAM
CRACKERS
JUICE
CRAISINS

21 POPTART OR CEREAL
AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

22 CEREAL BAR OR
CEREAL AND GRAHAM
CRACKERS
JUICE
CRAISINS

26 CEREAL BAR OR
CEREAL AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

27 DONUTS OR CEREAL
AND GRAHAM
CRACKERS
JUICE
CRAISINS

28 POPTART OR CEREAL
AND GRAHAM
CRACKERS
JUICE
APPLESAUCE

29 CEREAL BAR OR
CEREAL AND GRAHAM
CRACKERS
JUICE
CRAISINS

2

9

16

23

30

