

PULASKI COUNTY SUMMER MEALS

July. 2013

Lunch

Pulaski Elem & Pulaski High



ALL MENUS SERVED WITH MILK
 ALL MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken fillet /WW bun Shredded romiane lettuce 1/2 cup Baked french fries 1/2 up Chilled fruit cup 1/2 cup	2 WW Pepperoni Pizza Steamed corn 1/2 cup Baby carrots with Dip Diced Peaches 1/2 cup Fruit Delight or Fruit Bar	3 Hamburger / Bun Shredded Lettuce 1/2 cup Bake Beans 1/2 cup Sliced oranges 1/2 cup Bake Chips	4 School Closed	5 School Closed
8 Bosco Stix with Sauce Steamed Corn 1/2 cup Baby Carrots with Ranch Pineapple 1/2 cup	9 Chicken Nugget / Sauce Steamed Carrots 1/2 cup Potato Smiles 1/2 cup Chilled peaches 1/2 cup Biscuits	10 Deli Club Sandwich Shredded lettuce 1/2 cup Fresh Veggies with Ranch 1/2 cup Baked Chips Banana	11 Mini corndogs Seasoned Green Beans 1/2 cup Baby Carrots with Ranch Fruit Cocktail 1/2 cup	12 Hamburger / Bun Shredded Lettuce 1/2 cup Bake Beans 1/2 cup Diced Pears 1/2 cup Bake Chips
15 Chicken fillet /WW bun Shredded romiane lettuce 1/2 cup Baked french fries 1/2 up Diced Peaches 1/2 cup Fruit Delight or Fruit Bar	16 WW Pepperoni Pizza Steamed corn 1/2 cup Baby carrots with Dip Diced Pears 1/2 cup	17 Mini corndogs Seasoned Green Beans 1/2 cup Fruit Cocktail 1/2 cup	18 Maxi cheese Sticks / Sauce Fresh Garden Salad1 cup Pineapple 1/2 cup Fruit Delights or Fruit Bar	19 Hamburger / Bun Shredded Lettuce 1/2 cup Bake Beans 1/2 cup Sliced oranges 1/2 cup Bake Chips
22 Hamburger / Bun Shredded Lettuce 1/2 cup Bake Beans 1/2 cup Chilled Pineapple 1/2 cup Bake Chips	23 Chicken Nugget / Sauce Green Beans 1/2 cup Potato Smiles 1/2 cup Chilled peaches 1/2 cup Biscuits	24 Maxi cheese Sticks / Sauce Fresh Garden Salad1 cup Banana Fruit Delights or Fruit Bar	25 Hotdog /Bun / Chili Bake Beans 1/2 cup Mixed Fruit 1/2 cup Baked Chips	26 Chicken fillet / Bun Shredded romiane lettuce 1/2 cup Baked french fries 1/2 up Diced Pears 1/2 cup
29	30	31	AUG.1	AUG.2

ALL VEGETABLE SALADS & FRESH VEGETABLE MEDLEYS, LETTUCE, TOMATO & DILL CHIPS—1/2 CUP TOTAL
ALL FRENCH FRIES, TATOR TOTS, CURLY FRIES, POTATO WEDGES & STEAK FRIES—1/2 CUP
STUDENTS ARE OFFERED A CHOICE OF 1% WHITE MILK , SKIM CHOCOLATE

IN ACCORDANCE WITH FEDERAL LAW AND THE US DE PARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY. TO FILE A COMPLAINT OF DISCRIMINATION, WRITE THE USDA, DIRECTOR, OFFICE OF CIVIL RIGHTS, ROOM 326-W, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, DC 20250-9410 OR CALL TOLL FREE (866)-632-9992 (VOICE). INDIVIDUALS WHO ARE HEARING IMPAIRED OR HAVE SPEECH DISABILITIES MAY CONTACT USDA THROUGH THE FEDERAL RELAY SERVICE AT (800)-877-8339; OR (800)-8445-6136 (SPANISH). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

PULASKI COUNTY SUMMER MEALS

July, 2013

Pulaski Elem. & Pulaski High School

Breakfast



ALL MENUS SERVED WITH MILK
ALL MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Poptart & Cereal or Blueberry Muffin & Cereal Fruit Juice or Fruit Cup	2 Sausage Biscuit or Cereal & Poptart Fruit Juice or Fruit Cup	3 Sunrise Flatbread or Cereal & Poptart Fruit Juice or Fruit Cup	4 School Closed	5 School Closed
8 Sunrise Flatbread or Cereal & Poptart Fruit Juice or Fruit Cup	9 Bacon / Egg / Cheese or Cereal & Poptart Fruit Juice or Fruit Cup	10 Berry Strawberry Parfait or Cereal & Poptart Fruit Juice & Fruit Cup	11 Sausage Biscuit Breakfast Gravy Fruit Juice or Fruit Cup	12 Cereal & Poptart Cereal & Blueberry Muffin Fruit Juice or Fruit Cup
15 Bacon / Egg / Cheese or Cereal & Poptart Fruit Juice or Fruit Cup	16 Sunrise Flatbread or Cereal & Poptart Fruit Juice or Fruit Cup	17 Chicken Biscuits or Cereal & Poptart Fruit Juice or Fruit Cup	18 Sausage Biscuit Breakfast Gravy Fruit Juice or Fruit Cup	19 Berry Strawberry Parfait or Cereal & Poptart Fruit Juice & Fruit Cup
22 Chicken Biscuits or Cereal & Poptart Fruit Juice or Fruit Cup	23 Bacon / Egg / Cheese or Cereal & Poptart Fruit Juice or Fruit Cup	24 Sunrise Flatbread or Cereal & Poptart Fruit Juice or Fruit Cup	25 Sausage Biscuit Breakfast Gravy Fruit Juice or Fruit Cup	26 Berry Strawberry Parfait or Cereal & Poptart or Muffin Fruit Juice & Fruit Cup
29	30	31	Aug.1	Aug.2

ALL VEGETABLE SALADS & FRESH VEGETABLE MEDLEYS, LETTUCE, TOMATO & DILL CHIPS—1/2 CUP TOTAL

ALL FRENCH FRIES, TATOR TOTS, CURLY FRIES, POTATO WEDGES & STEAK FRIES—1/2 CUP

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