### **THURSTON SUMMER SCHOOL**

### WEDNESDAY

# THURSDAY

# FRIDAY

BBQ PULLED PORK ON WHOLE GRAIN BUN

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK



BAKED CHICKEN WITH BROWN RICE

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

SOUTHWEST BBQ **CHICKEN & RICE BOWL** 

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

SOUTHWEST BBQ

**CHICKEN & RICE BOWL** 

CHOICE OF FRESH

FRUIT OR VEGGIE

AND MILK

POPCORN CHICKEN W/CORN STAR MUFFIN CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

**HOT DOG** 

WHOLE GRAIN BUN

CHOICE OF FRESH

FRUIT OR VEGGIE

AND MILK

**SNACKS** 

**Breakfast Sandwich Breakfast Burrito** Cinnamon Roll **Choc Chip Muffin Cinnamon Toast Crunch** Fresh Fruit Parfait

> **MEAL PRICE \$ 3.90 ADULT MEAL \$4.40**

**INCLUDES CHOICE OF MILK CHOICE FRESH FRUIT AND VEGETABLES** 

BEAN& CHEESE BURRITO SERVED DAILY
SONGORIANDOM

**NUTRITION SERVICES** "FEATURING ALL **NEW**" **NITRATE/NITRITE FREE HOT DOGS & HORMONE FREE ANTIBIOTIC FREE HAMBURGERS** 

497-7700 x5216 or email dappel@lbusd.org

Please take a minute to check out the **Nutrition Services website** www.lbusd.org

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ONLINE DEPOSIT

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CHICKEN BURGER ON WHOLE GRAIN BUN

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

POPCORN CHICKEN W/CORN STAR MUFFIN CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

CHICKEN FAJITA **BURRITO** 

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

CHICKEN FAJITA

**BURRITO** 

CHOICE OF FRESH

FRUIT OR VEGGIE

AND MILK

CHEESEBURGER WHOLE GRAIN BUN

> CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

**BAKED CHICKEN** 

WITH BROWN RICE

CHOICE OF FRESH

FRUIT OR VEGGIE

AND MILK

19

12

SOUTHWEST BBQ

20

**CHICKEN & RICE BOWL** 

CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

CHEESEBURGER

WHOLE GRAIN BUN CHOICE OF FRESH FRUIT OR VEGGIE AND MILK

28

24

31

25

11

18

26

27

DID YOU KNOW...

July is, on average, the warmest month in most of the Northern hemisphere (where it is the second month of summer) and the coldest month in much of the Southern hemisphere (where it is the second month of winter).