



SUMMER FOOD SERVICE PROGRAM



FREE - June 12th through August 4th
 Monday through Friday
 Breakfast: 8:00 to 9:00 a.m. Lunch: 12:00 to 1:00 p.m.
 Ages 18 years & under

2023 JULY MEAL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Breakfast Crumble Muffin Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch BBQ Chicken w/ Rice Corn Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>4</p> <p>Independence Day Holiday</p> <p>No Program</p>	<p>5</p> <p>Breakfast Cereal Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Mac and Cheese Mixed Veggies Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>6</p> <p>Breakfast Yogurt Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Spaghetti w/ Meat Sauce Mixed Veggies Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>7</p> <p>Breakfast Chocolate Muffin Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Turkey Bean Chili Corn Bread Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>
<p>10</p> <p>Breakfast Cereal Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Chicken Biscuit w/ String Cheese Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>11</p> <p>Breakfast Cinnabun Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Pizza Bagel w/ Carrots Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>12</p> <p>Breakfast Concha Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Chicken & Waffles w/ Potato Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>13</p> <p>Breakfast Buttermilk Bar Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Spaghetti w/ Meat Sauce Veggies Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>14</p> <p>Breakfast Blueberry Muffin Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Turkey Bean Chili w/ Corn Bread Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>
<p>17</p> <p>Breakfast Cereal Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Sloppy Joe w/ Carrots Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>18</p> <p>Breakfast Breakfast Bar Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Teriyaki Chicken w/ Brown Rice & Corn Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>19</p> <p>Breakfast Bagel w/ Cream Cheese Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Brunch for Lunch Pancake & Sausage w/ Tots Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>20</p> <p>Breakfast Yogurt Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Chicken Fajitas w/ Rice & Beans Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>21</p> <p>Breakfast Cereal Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch BBQ Chicken Sandwich w/ Carrots Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>
<p>24</p> <p>Breakfast Crumble Muffin Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Chicken Patty Sandwich Veggie Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>25</p> <p>Breakfast Buttermilk Bar Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch BBQ Chicken w/ Rice & Corn Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>26</p> <p>Breakfast Cereal Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Mac & Cheese Veggies Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>27</p> <p>Breakfast Yogurt Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Spaghetti w/ Meat Sauce Veggies Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>	<p>28</p> <p>Breakfast Chocolate Muffin Fruit or Fruit Juice 4oz 1/2 Pt. Low Fat Milk</p> <p>Lunch Turkey Bean Chili w/ Corn Bread Fruit/4oz Fruit Juice 1/2 Pt. Low Fat Milk</p>

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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

program.intake@usda.gov.

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o'

fax:

(833) 256-1665 o' (202) 690-7442; o'

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