

Families have  
more responsibilities  
now than ever.



**LET US TAKE CARE OF  
BREAKFAST  
AND LUNCH!**



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## FREE Grab N' Go Meals Menu

Pick Up Tuesdays & Thursdays @ Conger & Woodward Locations

Tuesday Bag includes Tues, Wed, Thurs **11:30-12:00 PM** Thursday Bag includes Fri, Sat, Sun, Monday

### JUNE 2021

#### JUNE 1<sup>st</sup> Tuesday -3 Day Meals

- |                                 |                 |                 |               |
|---------------------------------|-----------------|-----------------|---------------|
| 3- Mix and Match Breakfast Bars | 3- Cereals      | 3- Juices       |               |
| 1- Hot Dog on Bun               | 1- Potato Salad | 1- Pickle Spear | 1- Veg Jc Box |
| 1- Alfredo Pasta Bowl           | 3- Raisins      | 3- Fruit Cups   |               |
| 1 - Hamburger on Bun            | 1- Chips        | ½ Gallon Milk   |               |

#### JUNE 3<sup>rd</sup> Thursday- 4 Day Meals

- |                                 |                  |                    |  |
|---------------------------------|------------------|--------------------|--|
| 4- Mix and Match Breakfast Bars | 4- Cereals       | 4- Juices          |  |
| 2- Pizzas                       | 2- Baby Carrots  | 2- Veg Juice Boxes |  |
| 1- PBJ Uncrustables             | 1- Bag of Apples | ½ Gallon Milk      |  |
| 1- Egg & Cheese Sandwich        | 1- Cookie        |                    |  |

#### JUNE 8<sup>th</sup> Tuesday - 3 Day Meals

- |                                      |              |                      |                 |
|--------------------------------------|--------------|----------------------|-----------------|
| 3- Mix and Match Breakfast Bars      | 3- Cereals   | 3- Juices            |                 |
| 1- Meat & Cheese Stromboli           | 1- Salsa Cup | 1- Broccoli Florets  | 1- Baby Carrots |
| 1- Pizza Crunchers (4)               | 3- Craisins  | 1- Pint Strawberries |                 |
| 1- Bosco Cheese Stuff Breadsticks(2) | 1- Chips     | ½ Gallon Milk        |                 |

#### JUNE 10<sup>th</sup> Thursday - 4 Day Meals

- |                                 |                   |                    |  |
|---------------------------------|-------------------|--------------------|--|
| 4- Mix and Match Breakfast Bars | 4- Cereals        | 4- Juices          |  |
| 2- Pizzas                       | 2- Celery Sticks  | 2- Veg Juice Boxes |  |
| 1- PBJ Uncrustable              | 1 Bag Clementines | ½ Gallon Milk      |  |
| 1- Grilled Cheese Sandwich      | 1-Cookie          | 1-Peanut Butter PK |  |

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#### JUNE 15<sup>th</sup> Tuesday -3 Day Meals

3- Mix and Match Breakfast Bars	3- Cereals	3- Juices	
1- Pepperoni Calzone	1- Cheesy Broccoli	1- Corn	1- Veg Jc Box
1- Rotini Pasta Bowl	3- Fruit Cups	3- Fresh Fruit	
1- Bosco Egg & Cheese Breadsticks(2)	1- Chips	½ Gallon Milk	

#### JUNE 17<sup>th</sup> Thursday - 4 Day Meals

4- Mix and Match Breakfast Bars	4- Cereals	4- Juices	
2- Pizzas	1- Salsa Cup	1- Baby Carrots	2- Veg Jc Box
1- PBJ Uncrustables	4- Fruit Cups	4- Fresh Fruit	
1- Turkey & Ham Sandwich	1- Chips	1- Cookie	½ Gallon Milk

#### JUNE 22<sup>nd</sup> Tuesday - 3 Day Meals

3- Mix and Match Breakfast Bars	3- Cereals	3- Juices	
1- Hot Dog on Bun	1- Potato Salad	1- Pickle Spear	1- Veg Jc Box
1- Alfredo Pasta Bowl	3- Raisins	3- Fruit Cups	
1 - Hamburger on Bun	1- Chips	½ Gallon Milk	

#### JUNE 24<sup>th</sup> Thursday - 4 Day Meals

4- Mix and Match Breakfast Bars	4- Cereals	4- Juices	
2- Pizzas	2- Baby Carrots	2- Veg Juice Boxes	
1- PBJ Uncrustables	1- Bag of Apples	½ Gallon Milk	
1- Egg & Cheese Sandwich	1- Cookie		

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### JULY 2021

#### JUNE 29<sup>th</sup> Tuesday – 3 Day Meals

- |                                      |              |                                     |
|--------------------------------------|--------------|-------------------------------------|
| 3- Mix and Match Breakfast Bars      | 3- Cereals   | 3- Juice                            |
| 1- Meat & Cheese Stromboli 474964    | 1- Salsa Cup | 1- Broccoli Florets 1- Baby Carrots |
| 1- Pizza Crunchers (4) 143271        | 3- Craisins  | 1- Pint Strawberries                |
| 1- Bosco Cheese Stuff Breadsticks(2) | 1- Chips     | ½ Gallon Milk                       |

#### JULY 1<sup>st</sup> Thursday – 4 Day Meals

- |                                 |                   |                    |
|---------------------------------|-------------------|--------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals        | 4- Juices          |
| 2- Pizzas                       | 2- Celery Sticks  | 2- Veg Juice Boxes |
| 1- PBJ Uncrustable              | 1 Bag Clementines | ½ Gallon Milk      |
| 1- Grilled Cheese Sandwich      | 1-Cookie          | 1-Peanut Butter PK |

#### JULY 6<sup>th</sup> Tuesday – 3 Day Meals

- |                                       |                    |                       |
|---------------------------------------|--------------------|-----------------------|
| 3- Mix and Match Breakfast Bars       | 3- Cereals         | 3- Juices             |
| 1- Pepperoni Calzone                  | 1- Cheesy Broccoli | 1- Corn 1- Veg Jc Box |
| 1- Rotini Pasta Bowl 938396           | 3- Fruit Cups      | 3- Fresh Fruit        |
| 1- Bosco Egg & Cheese Breadsticks (2) | 1- Chips           | ½ Gallon Milk         |

#### JULY 8<sup>th</sup> Thursday – 4 Day Meals

- |                                 |               |                               |
|---------------------------------|---------------|-------------------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals    | 4- Juices                     |
| 2- Pizzas                       | 1- Salsa Cup  | 1- Baby Carrots 2- Veg Jc Box |
| 1- PBJ Uncrustables             | 4- Fruit Cups | 4- Fresh Fruits               |
| 1- Turkey & Ham Sandwich, IW    | 1- Chips      | 1- Cookie ½ Gallon Milk       |

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### JULY 2021

#### JULY 13<sup>th</sup> Tuesday - 3 Day Meals

- |                                 |                 |                                    |
|---------------------------------|-----------------|------------------------------------|
| 3- Mix and Match Breakfast Bars | 3- Cereals      | 3- Juices                          |
| 1- Hot Dog on Bun               | 1- Potato Salad | 1- Pickle Spear      1- Veg Jc Box |
| 1- Alfredo Pasta Bowl 665933    | 3- Raisins      | 3- Fruit Cups                      |
| 1 – Hamburger on Bun            | 1- Chips        | ½ Gallon Milk                      |

#### JULY 15<sup>th</sup> Thursday - 4 Day Meals

- |                                 |                  |                    |
|---------------------------------|------------------|--------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals       | 4- Juices          |
| 2- Pizzas                       | 2- Baby Carrots  | 2- Veg Juice Boxes |
| 1- PBJ Uncrustables 516761      | 1- Bag of Apples | ½ Gallon Milk      |
| 1- Egg & Cheese Sandwich 669351 | 1- Cookie        |                    |

#### JULY 20<sup>th</sup> Tuesday - 3 Day Meals

- |                                      |              |  |
|--------------------------------------|--------------|--|
| 3- Mix and Match Breakfast Bars      | 3- Cereals   | 3- Juice                               |
| 1- Meat & Cheese Stromboli 474964    | 1- Salsa Cup | 1- Broccoli Florets    1- Baby Carrots |
| 1- Pizza Crunchers (4) 143271        | 3- Craisins  | 1- Pint Strawberries                   |
| 1- Bosco Cheese Stuff Breadsticks(2) | 1- Chips     | ½ Gallon Milk                          |

#### JULY 22<sup>nd</sup> Thursday - 4 Day Meals

- |                                 |                   |                    |
|---------------------------------|-------------------|--------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals        | 4- Juices          |
| 2- Pizzas                       | 2- Celery Sticks  | 2- Veg Juice Boxes |
| 1- PBJ Uncrustable              | 1 Bag Clementines | ½ Gallon Milk      |
| 1- Grilled Cheese Sandwich      | 1-Cookie          | 1-Peanut Butter PK |

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### JULY / August 2021

#### JULY 27<sup>th</sup> Tuesday – 3 Day Meals

- |                                       |                    |                       |
|---------------------------------------|--------------------|-----------------------|
| 3- Mix and Match Breakfast Bars       | 3- Cereals         | 3- Juices             |
| 1- Pepperoni Calzone                  | 1- Cheesy Broccoli | 1- Corn 1- Veg Jc Box |
| 1- Rotini Pasta Bowl 938396           | 3- Fruit Cups      | 3- Fresh Fruit        |
| 1- Bosco Egg & Cheese Breadsticks (2) | 1- Chips           | ½ Gallon Milk         |

#### JULY 29<sup>th</sup> Thursday – 4 Day Meals

- |                                 |               |                               |
|---------------------------------|---------------|-------------------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals    | 4- Juices                     |
| 2- Pizzas                       | 1- Salsa Cup  | 1- Baby Carrots 2- Veg Jc Box |
| 1- PBJ Uncrustables             | 4- Fruit Cups | 4- Fresh Fruits               |
| 1- Turkey & Ham Sandwich, IW    | 1- Chips      | 1- Cookie ½ Gallon Milk       |

#### AUGUST 3<sup>rd</sup> Tuesday – 3 Day Meals

- |                                 |                 |                               |
|---------------------------------|-----------------|-------------------------------|
| 3- Mix and Match Breakfast Bars | 3- Cereals      | 3- Juices                     |
| 1- Hot Dog on Bun               | 1- Potato Salad | 1- Pickle Spear 1- Veg Jc Box |
| 1- Alfredo Pasta Bowl 665933    | 3- Raisins      | 3- Fruit Cups                 |
| 1 – Hamburger on Bun            | 1- Chips        | ½ Gallon Milk                 |

#### AUGUST 5<sup>th</sup> Thursday – 4 Day Meals

- |                                 |                  |                    |
|---------------------------------|------------------|--------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals       | 4- Juices          |
| 2- Pizzas                       | 2- Baby Carrots  | 2- Veg Juice Boxes |
| 1- PBJ Uncrustables 516761      | 1- Bag of Apples | ½ Gallon Milk      |
| 1- Egg & Cheese Sandwich 669351 | 1- Cookie        |                    |

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### August 2021

#### AUGUST 10<sup>th</sup> Tuesday – 3 Day Meals

- |                                      |              |                                     |
|--------------------------------------|--------------|-------------------------------------|
| 3- Mix and Match Breakfast Bars      | 3- Cereals   | 3- Juice                            |
| 1- Meat & Cheese Stromboli 474964    | 1- Salsa Cup | 1- Broccoli Florets 1- Baby Carrots |
| 1- Pizza Crunchers (4) 143271        | 3- Craisins  | 1- Pint Strawberries                |
| 1- Bosco Cheese Stuff Breadsticks(2) | 1- Chips     | ½ Gallon Milk                       |

#### AUGUST 12<sup>th</sup> Thursday – 4 Day Meals

- |                                 |                     |                    |
|---------------------------------|---------------------|--------------------|
| 4- Mix and Match Breakfast Bars | 4- Cereals          | 4- Juices          |
| 4- Mix and Match Lunch Entrees  | 2- Fresh Veggie PKS | 2- Veg Juice Boxes |
|                                 | 4- Fruits           | ½ Gallon Milk      |



### First Day Back to School is Wednesday, August 18, 2021

FREE Meals will continue in each school for ALL students! Join us for both Breakfast and Lunch daily for free meals. Each free meal includes one Entrée, 2 vegetable sides, 1 Fruit and 1 Milk. A la Carte extras will require money on the lunch account. No charging will be allowed to purchase extras.

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