

May/June 2021



Fresh and Smart Nutrition Supper Program is open to anyone 18 and under from the community.

All food must be consumed on site and not taken home (except during the COVID waiver period).

Whole grain rich foods offered daily and identified in **Bold** print.

All Meals include the following:
 Entrée (grain & protein)
 Fruit
 Vegetable
 Milk (1% White)

Please check with the ASES department for individual site serving times. 556-1548

This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
3 Pepperoni Pizza Kit 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	4 Italian Combo Wrap 1 each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	5 Yogurt 4oz Bug Bites 1gb Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	6 Turkey Ham & 2 Cheese Wedge 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	7 PB & J Uncrustable Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz
10 Pepperoni Pizza Kit 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	11 Italian Combo Wrap 1 each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	12 Yogurt 4oz Bug Bites 1gb Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	13 Turkey Ham & 2 Cheese Wedge 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	14 PB & J Uncrustable Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz
17 Pepperoni Pizza Kit 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	18 Italian Combo Wrap 1 each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	19 Yogurt 4oz Bug Bites 1gb Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	20 Turkey Ham & 2 Cheese Wedge 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	21 PB & J Uncrustable Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz
24 Pepperoni Pizza Kit 1each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	25 Italian Combo Wrap 1 each Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	26 Yogurt 4oz Bug Bites 1gb Cheese Stick 1oz Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	27 Chefs Choice Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	28 Chefs Choice Vegetable 1/2c 1% Lowfat Milk 8oz
31 No School	1 Chefs Choice Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	2 Chefs Choice Fruit 1/4c Vegetables 1/2c 1% Lowfat Milk 8oz	3 Chefs Choice Fruit 1/4c Vegetable 1/2c 1% Lowfat Milk 8oz	