


# Summer Meals Menu

July 3 – July 13, 2023  
Mondays through Thursdays

What is on  
MyPlate this  
summer?

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p><b>July 3</b></p> <p><b>Breakfast:</b> Honey Cheerios Cereal Fruit Juice Milk</p> <p><b>Lunch:</b> Pizza Sticks w/Marinara Sauce Corn, Grape Tomatoes Frozen Juice Cup Milk</p> <p>USDA Handout – Summer Meals, Summer Friends</p>	<p><b>July 4</b></p> <p><b>Fourth of July Schools Closed</b></p>	<p><b>July 5</b></p> <p><b>Breakfast:</b> Ultimate Breakfast Round Fruit Juice Milk</p> <p><b>Lunch:</b> Sweet-N-Sour Meatballs w/Rice &amp; Fritos Green Beans, Broccoli Florets Peaches Milk</p>	<p><b>July 6</b></p> <p><b>Breakfast:</b> Smoothie w/Muffin Fruit Juice Milk</p> <p><b>Lunch:</b> Pizza Tropical Trio Slush, Celery Sticks Applesauce Milk</p>
<p><b>July 10</b></p> <p><b>Breakfast:</b> Cinnamon Chex Cereal Fruit Juice Milk</p> <p><b>Lunch:</b> Chicken Quesadilla Corn, Carrot Sticks Pears Milk</p> <p>USDA Handout – Healthy Meals with MyPlate</p> 	<p><b>July 11</b></p> <p><b>Breakfast:</b> Breakfast Bread Fruit Juice Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese w/Fritos Berry Berry Blue Slush, Grape Tomatoes Applesauce Milk</p>	<p><b>July 12</b></p> <p><b>Breakfast:</b> Cinnamon Crumb Loaf Fruit Juice Milk</p> <p><b>Lunch:</b> Taco w/Rounds California Blend, Celery Sticks Strawberry Cup Milk</p>	<p><b>July 13</b></p> <p><b>Breakfast:</b> Smoothie w/Muffin Fruit Juice Milk</p> <p><b>Lunch:</b> Pizza Green Beans, Broccoli Florets Mixed Fruit Cup Milk</p>

*Menu Subject to Change*

Visit [teamnnutrition.usda.gov](http://teamnnutrition.usda.gov) for free MyPlate activities!

For a complete list of meal sites visit  
[www.aacps.org/mealpickup](http://www.aacps.org/mealpickup)  
Anne Arundel County Public Schools  
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