

**All Kids
Eat Free!**

No paperwork necessary
must be 18 or under



**Tuesdays & Thursdays
10:30 am - 11:45 am**

July 13th-August 19th
Please call 494-1220 ex 1015
for more info, or go to
www.ByronBergenCSD.org.

**SUMMER FOOD SERVICE
PACKED MEALS
BYRON BERGEN
HS BUS LOOP FOR PICK UP
BYRON TOWN PARK &
BERGEN HICKORY PARK**

**Pick Up
3 days of Meals
each day of Service
At High School Bus
Loop**

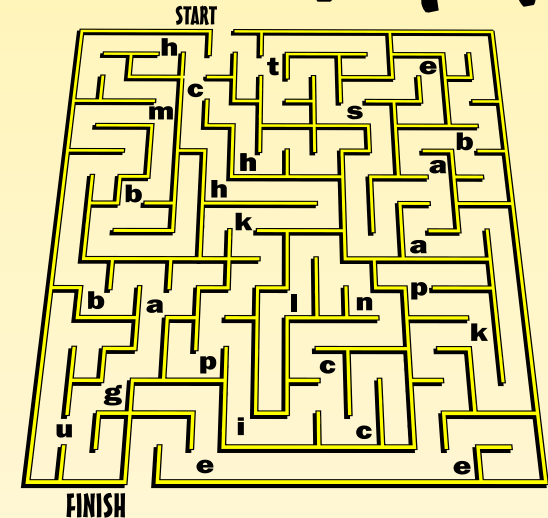
*This establishment is an equal opportunity
employer/provider*

Monday, July	Tuesday, July 13	Wednesday, July 14	Thursday, July 15	Friday, July 16
Menu Subject to Change Hot Meals Maybe substituted at School Buildings	Cereal <u>Bagged:</u> PBJ, Fresh fruit Fruit Juice Milk	Muffins <u>Bagged:</u> Turkey Sub Celery Sticks Fruit/Fruit Juice Milk	Cereal Bar <u>Bagged:</u> Muffins, Yogurt, Cheese Stick Fruit/ Fruit Juice Fruit & Milk	Bagel & Cream Cheese <u>Bagged:</u> Ham & Cheese Sub Potato Salad Fruit/Fruit Juice Milk
Monday, July 19	Tuesday, July 20	Wednesday, July 21	Thursday, July 22	Friday, July 23
Cereal <u>Bagged:</u> Yogurt, Cheese Stick Muffin Veggie Dippers Fruit/Fruit Juice Milk	Pancakes <u>Bagged:</u> PBJ Cucumber Wheels Fresh Fruit/Fruit Juice Milk	Muffins <u>Bagged:</u> Ranch Chicken Wrap Lettuce & Tomato Macaroni Salad Fruit/Fruit Juice Milk	Cereal Bar <u>Bagged:</u> Assorted Sub Chips Tossed Salad Fruit/Fruit Juice Milk	Cinnamon Roll <u>Bagged:</u> Taco Box Lettuce & tomato Fruit/Fruit Juice Milk

**We're here to serve you
and your family
delicious breakfasts and
Lunches. Convenient,
economical, and healthy
meals July 13th -
August 19th!**

Monday July 26 Cereal <u>Bagged:</u> Cheese Stick & Yogurt Muffin Cucumber Wheels Fruit Milk	Tuesday July 27 Waffles <u>Bagged:</u> PBJ, Carrot Sticks, Dip Fruit/ Fruit Juice Milk	Wednesday July 28 Fruddle <u>Bagged:</u> Bologna & Cheese on Bun Chips Veggies & Dip Fruit/Fruit Juice Milk	Thursday July 29 Cereal Bar <u>Bagged:</u> Pizza Box Fruit Fruit Juice Milk	Friday July 30 Bagel & Cream Cheese <u>Bagged:</u> Assorted Sandwich , Crackers Fruit/ Fruit Juice Milk
Monday Aug 2 Cereal to Go <u>Bagged</u> Roll Ups Cheese Stick Muffin Fruit/Fruit Juice Milk	Tuesday Aug 3 Cereal <u>Bagged:</u> PBJ, Fresh fruit Fruit Juice Milk	Wednesday Aug 4 Muffins <u>Bagged:</u> Turkey Sub Celery Sticks Fruit/Fruit Juice Milk	Thursday Aug 5 Cereal Bar <u>Bagged:</u> Muffins, Yogurt, Fruit Juice Fruit & Milk	Friday Aug 6 Bagel & Cream Cheese <u>Bagged:</u> Ham & Cheese Sub Potato Salad Fruit/Fruit Juice Mail
Monday Aug 9 Cereal <u>Bagged:</u> Yogurt, Cheese Stick Muffin Veggie Dippers Fruit/Fruit Juice Milk	Tuesday Aug 10 Pancakes <u>Bagged:</u> PBJ Cucumber Wheels Fresh Fruit/Fruit Juice Milk	Wednesday Aug 11 Muffins <u>Bagged:</u> Ranch Chicken Wrap Vegetable Pasta Salad Fruit/Fruit Juice Milk	Thursday Aug 12 Cereal Bar <u>Bagged:</u> Assorted Sub Chips Tossed Salad Fruit/Fruit Juice Milk	Friday Aug 13 Cinnamon Roll <u>Bagged:</u> Taco Box Lettuce & tomato Fruit/Fruit Juice Milk
Monday Aug 16 Cereal <u>Bagged:</u> Roll Ups Cheese Stick Muffin Fruit Juice Fruit	Tuesday Aug 17 Waffles <u>Bagged:</u> PBJ, Carrot Sticks, Dip Fruit/ Fruit Juice Milk	Wednesday Aug 18 Fruddle <u>Bagged:</u> Bologna & Cheese on Bun Chips Veggies & Dip Fruit/Fruit Juice Milk	Thursday Aug 19 Cereal Bar <u>Bagged:</u> Pizza Box Cucumber Wheels Fruit/Fruit Juice Milk	Friday Aug 20 Bagel & Cream Cheese <u>Bagged:</u> Assorted Sandwich , Crackers Tossed salad Fruit/Fruit Juice Milk

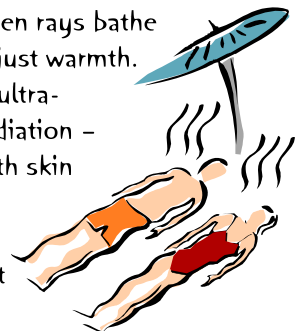
What's the #1 favorite grilled food in America? To Find out, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the right path to get the answer!



ANSWER:

ULTRAVIOLENT.

The summer sun's golden rays bathe your skin in more than just warmth. You're also soaking up ultra-damaging ultraviolet radiation – the leading cause of both skin cancer and premature wrinkles. Always use sunscreen that's at least SPF 15. No exceptions!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!