



The Pulse (PRMS) Lunch Menu

June 2021

USDA is an equal opportunity provider and employer. Menu subject to change due to product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
31 No School Memorial Day	1	2	3	4
7	8	9	10	11
14 Hamburger/Cheeseburger <i>Baked French Fries</i> <i>Vegetable Toppings</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	15 Buttermilk Pancakes Cheesy Scrambled Eggs <i>Tri-Tater Hash Brown Potato</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	16 Italian Cheesy Bread <i>Marinara Dipping Sauce</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	17 Chicken Tenders <i>Garlic Breadstick</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	18 Grilled Cheese Sandwich <i>BBQ Baked Beans</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>
21 Crispy Chicken Sandwich <i>Baked French Fries</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	22 Chicken Alfredo Pasta <i>Garlic Breadstick</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	23 Stuffed Crust Pizza <i>Pepperoni or Cheese</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	24 Popcorn Chicken <i>Mashed Potatoes & Gravy</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	25 Chicken Fajitas <i>Lettuce, Cheese, Salsa</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>
28 Mandarin Orange Chicken <i>Brown Rice</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	29 French Toast Sticks <i>Turkey Sausage</i> <i>Tri-Tater Hashbrown</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>	30 Breadstick Cheese Bites <i>Marinara Dipping Sauce</i> <i>Steamed Veggies</i> <i>Fresh Veggies</i> <i>Fruit Variety</i>		

*All meals served with milk.



The Pulse (PRMS) Lunch Menu

July 2021

USDA is an equal opportunity provider and employer. Menu subject to change due to product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Macaroni & Cheese Steamed Veggies Fresh Veggies Fruit Variety	2 Turkey & Cheese Sub Sandwiches Baked Chips Veggie Toppings Fresh Veggies Fruit Variety
5 No School	6 Buttermilk Pancakes Cheesy Scrambled Eggs Tri-Tater Hash Brown Potato Fresh Veggies Fruit Variety	7 Italian Cheesy Bread Marinara Dipping Sauce Steamed Veggies Fresh Veggies Fruit Variety	8 Chicken Tenders Garlic Breadstick Steamed Veggies Fresh Veggies Fruit Variety	9 Grilled Cheese Sandwich BBQ Baked Beans Fresh Veggies Fruit Variety
12 Crispy Chicken Sandwich Baked French Fries Steamed Veggies Fresh Veggies Fruit Variety	13 Chicken Alfredo Pasta Garlic Breadstick Steamed Veggies Fresh Veggies Fruit Variety	14 Stuffed Crust Pizza Pepperoni or Cheese Steamed Veggies Fresh Veggies Fruit Variety	15 Popcorn Chicken Mashed Potatoes & Gravy Fresh Veggies Fruit Variety	16 Chicken Fajitas Lettuce, Cheese, Salsa Steamed Veggies Fresh Veggies Fruit Variety
19 Mandarin Orange Chicken Brown Rice Steamed Veggies Fresh Veggies Fruit Variety	20 French Toast Sticks Turkey Sausage Tri-Tater Hashbrown Fresh Veggies Fruit Variety	21 Breadstick Cheese Bites Marinara Dipping Sauce Steamed Veggies Fresh Veggies Fruit Variety	22 Macaroni & Cheese Steamed Veggies Fresh Veggies Fruit Variety	23 Turkey & Cheese Sub Sandwiches Baked Chips Veggie Toppings Fresh Veggies Fruit Variety
26 Hamburger/Cheeseburger Baked French Fries Vegetable Toppings Fresh Veggies Fruit Variety	27 Buttermilk Pancakes Cheesy Scrambled Eggs Tri-Tater Hash Brown Potato Fresh Veggies Fruit Variety	28 Italian Cheesy Bread Marinara Dipping Sauce Steamed Veggies Fresh Veggies Fruit Variety	29 Chicken Tenders Garlic Breadstick Steamed Veggies Fresh Veggies Fruit Variety	30 Grilled Cheese Sandwich BBQ Baked Beans Fresh Veggies Fruit Variety



The Pulse (PRMS) Lunch Menu

August 2021

USDA is an equal opportunity provider and employer. Menu subject to change due to product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crispy Chicken Sandwich Baked French Fries Steamed Veggies Fresh Veggies Fruit Variety	3 Chicken Alfredo Pasta Garlic Breadstick Steamed Veggies Fresh Veggies Fruit Variety	4 Stuffed Crust Pizza Pepperoni or Cheese Steamed Veggies Fresh Veggies Fruit Variety	5 Popcorn Chicken Mashed Potatoes & Gravy Fresh Veggies Fruit Variety	6 Chicken Fajitas Lettuce, Cheese, Salsa Steamed Veggies Fresh Veggies Fruit Variety
9 Mandarin Orange Chicken Brown Rice Steamed Veggies Fresh Veggies Fruit Variety	10 French Toast Sticks Turkey Sausage Tri-Tater Hashbrown Fresh Veggies Fruit Variety	11 Breadstick Cheese Bites Marinara Dipping Sauce Steamed Veggies Fresh Veggies Fruit Variety	12 Macaroni & Cheese Steamed Veggies Fresh Veggies Fruit Variety	13 Turkey & Cheese Sub Sandwiches Baked Chips Veggie Toppings Fresh Veggies Fruit Variety
16 Hamburger/Cheeseburger Baked French Fries Vegetable Toppings Fresh Veggies Fruit Variety	17 Buttermilk Pancakes Cheesy Scrambled Eggs Tri-Tater Hash Brown Potato Fresh Veggies Fruit Variety	18 Italian Cheesy Bread Marinara Dipping Sauce Steamed Veggies Fresh Veggies Fruit Variety	19 Chicken Tenders Garlic Breadstick Steamed Veggies Fresh Veggies Fruit Variety	20 Grilled Cheese Sandwich BBQ Baked Beans Fresh Veggies Fruit Variety
23	24	25	26	27
30	31			



Alternate Lunch Menu (The Pulse Only)

Summer 2021

USDA is an equal opportunity provider and employer. Menu subject to change due to product availability.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Smucker's Uncrustable & Yogurt with Whole Grain Graham Crackers	Smucker's Uncrustable & String Cheese	Smucker's Uncrustable & Yogurt with Whole Grain Graham Crackers	Smucker's Uncrustable & String Cheese	Smucker's Uncrustable & Yogurt with Whole Grain Graham Crackers



Breakfast Menu

Summer 2021

Grab & Go Breakfast

A grab and go breakfast will be available daily. Breakfast will include:

<u>Breakfast Grain Item</u> Items offered may include: Cereal, Cereal Bars, Oatmeal Bars, Granola Bars, Goldfish Crackers, Oatmeal Crisps, etc.	<u>100% Fruit Juice</u> Flavors may include: Orange, Apple, Fruit Punch, Orange Pineapple, Cranberry, Grape, etc.	<u>Fruit or Breakfast Protein Item</u> Items offered may include: Fresh fruits, applesauce, string cheese, yogurt, hard boiled eggs, etc.	<u>Milk</u> A variety of low-fat and fat free milk options offered daily.
--------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------