



A nutritious meal is important for children to learn, play and remain active during the summer months.  
Remember, Hunger Doesn't Take a Summer Vacation!

# POWER UP for SUMMER FUN

## Summer Meal FREE Program

July 9 - August 2, 2019  
Breakfast 8 - 9am  
Lunch 11:30am - 12:30pm

Join us at:  
Burke Street or  
Tuscarora Elementary

### Monday\*

**Breakfast** Croissant, Egg & Cheese Sandwich, Fresh Apple, Juice, Milk  
**Lunch** Chicken Tenders, Oven Fries, Dinner Roll, Mixed Berry Fruit Cup, Milk

### Tuesday\*

**Breakfast** Sausage Gravy Over Biscuit, Home Fries, Juice, Milk  
**Lunch** Salisbury Steak w/ Gravy Over Noodles, Steamed Peas, Fresh Apple, Milk

### Wednesday\*

**Breakfast** Tac-Go w/ Egg, Cheese and Sausage, Fresh Apple, Juice, Milk  
**Lunch** Turkey & Cheese Wrap w/Lettuce & Tomato, Roasted Broccoli, Red, White & Blue Yogurt Parfait, Doritos, Milk

### Thursday\*

**Breakfast** Breakfast Sausage Pizza, Mixed Berry Fruit Cup, Juice, Milk  
**Lunch** Lasagna, Breadstick, Tossed Salad, Applesauce, Milk

### Friday\*

**Breakfast** Cereal, Muffin, Juice, Milk  
**Lunch** Pizza, Buttery Corn, Fresh Veggie Dunkers w/Dip, Sidekick Fruit Cup, Rice Krispie Treat, Milk

*\*Menu repeated weekly through Summer 2019*

**For more information about Berkeley County Schools Summer Food Service Program, please call: Child Nutrition at (304) 267-3500.**

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