

John Swett Unified -Snack and Supper, June 2021


Pick up **FREE** meals at Carquinez Middle, Rodeo Hills Elementary and Bayo Vista

11:30 AM-1:30 PM MONDAY-FRIDAY

Friday's meals include Saturday and Sunday

PICK UP A WEEK'S WORTH OF MEALS EVERY MONDAY

****Items included multi-day meal kits may differ from menu items based on availability****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Sunflower Seeds (1MMA) and Cheez-its (1WG) Tukey Hot Dog (2MMA, 2WG)	Cheerios & Milk (1 WG, 1 C) Taco Nada (2 MMA,2WG)	Mini Quesadilla (1 MMA, 2G) Galaxy Cheese Pizza (2WG, 2MMA)	Apple Juice (3/4F), Sunflower Seeds (1MMA) Chicken Patty Sandwich (3WG, 2MMA)	Sunflower Seeds (1 MMA), Mini Pretzels (1WG) Corn Dog (2WG, 2MMA)	Apple Juice (3/4F), Cheez-its (1 WG) Bean & Cheese Burrito (2MMA, 2WG)
7	8	9	10	11	12	13
Sunflower Seeds (1MMA) and Cheez-its (1WG) Taco Nada (2MMA, 2WG) **7-DAY BOXES	Mini Quesadilla (1MMA, 2G) Galaxy Cheese Pizza (2WG, 2MMA)	Cheerios & Milk (1 WG, 1 C) Bean & Cheese Burrito (2MMA, 2WG)	Apple Juice (3/4F), Mini Pretzels (1 WG) Italian Cheese Pull Aparts (2MMA, 2 G)	<p style="color: magenta; font-size: 1.2em;">Have a GREAT SUMMER!</p>		

We offer 8 oz fat free chocolate milk and 1% plain milk with supper, and a minimum of ½ cup fruit or vegetable, (you may take more), plus 1G, 2MMA. Vegetarian meals always available.

MULTIPLE DAY MEALS AVAILABLE ON MONDAYS, MEAL KITS ARE FOR WEEKENDS AND HOLIDAYS (3 to 10 DAYS), ONE OF EACH MEAL PER CHILD PER DAY, PLEASE. SINGLE DAY MEALS ALSO AVAILABLE. MENU SUBJECT TO CHANGE.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

PICK UP FREE MEALS AT RODEO HILLS ELEMENTARY, RODEO HILLS LIBRARY, BAYO VISTA, OR CARQUINEZ LIBRARY. CHECK WEBSITE FOR DETAILS! FREE MEALS OFFERED THROUGH AUGUST 13, 2021