

**PRE-FUEL YOUR BODY EVERY MORNING!**  
**FREE SUMMER "PRE-FUEL " PACKS FOR ALL CHILDREN**  
**CATERED BY THE PBCSD SCHOOL NUTRITION DEPARTMENT**



**Questions?**  
 School Nutrition Hot Line  
 Call (845) 744-2031 ext 2809  
 Lyn Prestia or Judi Van Duzer

<p>6/25 </p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Red Sugar Cin                  Toast Crnch Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>6/26 </p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Bagel With                  Butter (Lenders)                  100% Fruit Blend                  8 oz Milk Choice</p>	<p>6/27</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>6/28</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Donut (Super                  Bakery )                  100% Apple Juice                  8 oz Milk Choice</p>	<p>6/29</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Frosted Flakes Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>
<p>7/2 </p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Red Sugar Cin                  Toast Crnch Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>7/3</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Bagel With                  Butter (Lenders)                  100% Fruit Blend                  8 oz Milk Choice</p>	<p>7/4</p> <p></p>	<p>7/5</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Donut                  (Super Bakery )                  100% Apple Juice                  8 oz Milk Choice</p>	<p>7/6</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>
<p>7/9</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Red Sugar Cin                  Toast Crnch Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>7/10</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Bagel With                  Butter (Lenders)                  100% Fruit Blend                  8 oz Milk Choice</p>	<p>7/11</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>7/12</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Donut (Super                  Bakery )                  100% Apple Juice                  8 oz Milk Choice</p>	<p>7/13</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>
<p>7/16</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Red Sugar Cin                  Toast Crnch Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>7/17</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Bagel With                  Butter (Lenders)                  100% Fruit Blend                  8 oz Milk Choice</p>	<p>7/18</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>	<p>7/19</p> <p><b><u>Pre-Fuel Pack</u></b>                  Whole Grain Donut (Super                  Bakery )                  100% Apple Juice                  8 oz Milk Choice</p>	<p>7/20</p> <p><b><u>Pre-Fuel Pack</u></b>                  Cereal - Reduced Sugar                  Cocoa Puffs Bowl Pak                  100% Orange Juice                  8 oz Milk Choice</p>

**Menu subject to change without notice.**

**PBCSD is an equal opportunity employer.**

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<p>6/25 </p> <p><b><u>Re-Fuel Pack</u></b>          Cheese Pizza (Nardone Brothers Brand)*          100% Orange Juice          Fresh Apple          8 oz Milk Choice</p>	<p>6/26 </p> <p><b><u>Re-Fuel Pack</u></b>          Italian Wrap          100% Fruit Blend          Fresh Orange          8 oz Milk Choice</p>	<p>6/27</p> <p><b><u>Re-Fuel Pack</u></b>          Turkey &amp; Cheese S/W          100% Apple Juice          Baby Carrots w/ Dip          8 oz Milk Choice</p>	<p>6/28</p> <p><b><u>Re-Fuel Pack</u></b>          Grilled Cheese S/W*          100% Juice Pack          Fresh Apple Slices          8 oz Milk Choice</p>	<p>6/29</p> <p><b><u>Re-Fuel Pack</u></b>          Tostitos Scoops WG With Nacho Cheese Sauce (Land of Lakes)          100% Fruit Blend          Craisins          8 oz Milk Choice</p>
<p>7/2</p> <p><b><u>Re-Fuel Pack</u></b>          Cheese Pizza (Nardone Brothers Brand)*          100% Orange Juice          Fresh Apple          8 oz Milk Choice</p>	<p>7/3</p> <p><b><u>Re-Fuel Pack</u></b>          Ham /American Cheese on a Croissant          100% Fruit Blend          Fresh Orange          8 oz Milk Choice</p>	<p>7/4</p> <p></p>	<p>7/5</p> <p><b><u>Re-Fuel Pack</u></b>          Grilled Cheese S/W*          100% Grape Juice          Fresh Apple Slices          8 oz Milk Choice</p>	<p>7/6</p> <p><b><u>Re-Fuel Pack</u></b>          Yogurt / String Cheese          Whole Grain Snack          100% Fruit Blend          Raisins          8 oz Milk Choice</p>
<p>7/9</p> <p><b><u>Re-Fuel Pack</u></b>          Cheese Pizza (Nardone Brothers Brand)*          100% Orange Juice          Fresh Apple          8 oz Milk Choice</p>	<p>7/10</p> <p><b><u>Re-Fuel Pack</u></b>          Italian Wrap          100% Fruit Blend          Fresh Orange          8 oz Milk Choice</p>	<p>7/11</p> <p><b><u>Re-Fuel Pack</u></b>          Turkey &amp; Cheese S/W          100% Apple Juice          Baby Carrots w/ Dip          8 oz Milk Choice</p>	<p>7/12</p> <p><b><u>Re-Fuel Pack</u></b>          Grilled Cheese S/W*          100% Juice Pack          Fresh Apple Slices          8 oz Milk Choice</p>	<p>7/13</p> <p><b><u>Re-Fuel Pack</u></b>          Tostitos Scoops WG With Nacho Cheese Sauce (Land of Lakes)          100% Fruit Blend          Craisins          8 oz Milk Choice</p>
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