

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>7/23</p> <p><u>Pre-Fuel Pack</u> Cereal - Red Sugar Cin Toast Crunch Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>7/24 </p> <p><u>Pre-Fuel Pack</u> Whole Grain Bagel With Butter (Lenders) 100% Fruit Blend 8 oz Milk Choice</p>	<p>7/25</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Cocoa Puffs Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>7/26</p> <p><u>Pre-Fuel Pack</u> Whole Grain Donut (Super Bakery) 100% Apple Juice 8 oz Milk Choice</p>	<p>7/27</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Frosted Flakes Bowl Pak 100% Juice Box 8 oz Milk Choice</p>
<p>7/30</p> <p><u>Pre-Fuel Pack</u> Cereal - Red Sugar Cin Toast Crunch Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>7/31</p> <p><u>Pre-Fuel Pack</u> Whole Grain Bagel With Butter (Lenders) 100% Fruit Blend 8 oz Milk Choice</p>	<p>8/1</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Cocoa Puffs Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>8/2</p> <p><u>Pre-Fuel Pack</u> Whole Grain Donut (Super Bakery) 100% Apple Juice 8 oz Milk Choice</p>	<p>8/3</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Lucky Charms Bowl Pak 100% Juice Box 8 oz Milk Choice</p>
<p>8/6</p> <p><u>Pre-Fuel Pack</u> Cereal - Red Sugar Cin Toast Crunch Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>8/7</p> <p><u>Pre-Fuel Pack</u> Whole Grain Bagel With Butter (Lenders) 100% Fruit Blend 8 oz Milk Choice</p>	<p>8/8</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Cocoa Puffs Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>8/9</p> <p><u>Pre-Fuel Pack</u> Whole Grain Donut (Super Bakery) 100% Apple Juice 8 oz Milk Choice</p>	<p>8/10</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Lucky Charms Bowl Pak 100% Juice Box 8 oz Milk Choice</p>
<p>8/13</p> <p><u>Pre-Fuel Pack</u> Cereal - Red Sugar Cin Toast Crunch Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>8/14</p> <p><u>Pre-Fuel Pack</u> Whole Grain Bagel With Butter (Lenders) 100% Fruit Blend 8 oz Milk Choice</p>	<p>8/15</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Cocoa Puffs Bowl Pak 100% Juice Box 8 oz Milk Choice</p>	<p>8/16</p> <p><u>Pre-Fuel Pack</u> Whole Grain Donut (Super Bakery) 100% Apple Juice 8 oz Milk Choice</p>	<p>8/17</p> <p><u>Pre-Fuel Pack</u> Cereal - Reduced Sugar Lucky Charms Bowl Pak 100% Juice Box 8 oz Milk Choice</p>

Menu subject to change without notice.


PBCSD is an equal opportunity employer.

Camp Menu

"RE-FUEL" YOUR BODY EVERY AFTERNOON!
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<p>7/23</p> <p><u>Re-Fuel Pack</u> Cheese Pizza (Nardone Brothers Brand)* 100% Orange Juice Fresh Apple 8 oz Milk Choice</p>	<p>7/24</p>  <p><u>Re-Fuel Pack</u> Italian Wrap 100% Fruit Blend Fresh Orange 8 oz Milk Choice</p>	<p>7/25</p> <p><u>Re-Fuel Pack</u> Grilled Cheese S/W* 100% Juice Pack Fresh Apple Slices 8 oz Milk Choice</p>	<p>7/26</p> <p><u>Re-Fuel Pack</u> Turkey & Cheese Wrap 100% Apple Juice Baby Carrots w/ Dip 8 oz Milk Choice</p>	<p>7/27</p> <p><u>Re-Fuel Pack</u> Tostitos Scoops WG With Nacho Cheese Sauce (Land of Lakes) 100% Fruit Blend Craisins 8 oz Milk Choice</p>
<p>7/30</p> <p><u>Re-Fuel Pack</u> Cheese Pizza (Nardone Brothers Brand)* 100% Orange Juice Fresh Apple 8 oz Milk Choice</p>	<p>7/31</p> <p><u>Re-Fuel Pack</u> Ham & Cheese Wrap 100% Fruit Blend Fresh Orange 8 oz Milk Choice</p>	<p>8/1</p> <p><u>Re-Fuel Pack</u> Grilled Cheese S/W* 100% Juice Pack Fresh Apple Slices 8 oz Milk Choice</p>	<p>8/2</p> <p><u>Re-Fuel Pack</u> Turkey & Cheese Wrap 100% Apple Juice Baby Carrots w/ Dip 8 oz Milk Choice</p>	<p>8/3</p> <p><u>Re-Fuel Pack</u> Yogurt / String Cheese Whole Grain Snack 100% Fruit Blend Raisins 8 oz Milk Choice</p>
<p>8/6</p> <p><u>Re-Fuel Pack</u> Cheese Pizza (Nardone Brothers Brand)* 100% Orange Juice Fresh Apple 8 oz Milk Choice</p>	<p>8/7</p> <p><u>Re-Fuel Pack</u> Italian Wrap 100% Fruit Blend Fresh Orange 8 oz Milk Choice</p>	<p>8/8</p> <p><u>Re-Fuel Pack</u> Grilled Cheese S/W* 100% Juice Pack Fresh Apple Slices 8 oz Milk Choice</p>	<p>8/9</p> <p><u>Re-Fuel Pack</u> Turkey & Cheese Wrap 100% Apple Juice Baby Carrots w/ Dip 8 oz Milk Choice</p>	<p>8/10</p> <p><u>Re-Fuel Pack</u> Tostitos Scoops WG With Nacho Cheese Sauce (Land of Lakes) 100% Fruit Blend Craisins 8 oz Milk Choice</p>
<p>8/13</p> <p><u>Re-Fuel Pack</u> Cheese Pizza (Nardone Brothers Brand)* 100% Orange Juice Fresh Apple 8 oz Milk Choice</p>	<p>8/14</p> <p><u>Re-Fuel Pack</u> Ham & Cheese Wrap 100% Fruit Blend Fresh Orange 8 oz Milk Choice</p>	<p>8/15</p> <p><u>Re-Fuel Pack</u> Grilled Cheese S/W* 100% Juice Pack Fresh Apple Slices 8 oz Milk Choice</p>	<p>8/16</p> <p><u>Re-Fuel Pack</u> Turkey & Cheese Wrap 100% Apple Juice Baby Carrots w/ Dip 8 oz Milk Choice</p>	<p>8/17</p> <p><u>Re-Fuel Pack</u> Yogurt / String Cheese Whole Grain Snack 100% Fruit Blend Raisins 8 oz Milk Choice</p>

*** Hot Menu Entrees Menu subject to change without notice. PBCSD is an equal opportunity employer. Camp Menu**