

# HEY KIDS !! FREE SUMMER MEALS

## Russell Co. School Nutrition

1. No I.D –No Paperwork -Do not have to be enrolled in Russell County Schools to participate
  2. Simply choose location at time indicated to receive **FREE MEAL to ANYONE 18 & Younger**
  3. For mobile **LAKER EXPRESS** Café meals look for the Shadiest Tree, Picnic Tables and signs
- \*\*Federal Guidelines require ALL meals to be consumed on site no carry out.**

For more information call 270-858-4893 / 270-866-6300

\*All menus subject to change without notification \*[www.russell.kyschools.us](http://www.russell.kyschools.us) click SUMMER MEALS



### SUMMER MENU

Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b> Sausage Biscuit Banana Juice Milk	<b>Breakfast</b> French Toast Sticks Strawberry Cup Syrup Milk	<b>Breakfast</b> Breakfast Pizza Banana Juice Milk	<b>Breakfast</b> Biscuit & Gravy Assorted Fruit Juice Milk
<b>LUNCH</b> Pepperoni Pizza Romaine Garden Salad Assorted Fruit Dunk Cup Milk	<b>Lunch</b> Laker Burger French Fries/Dill Pickles Carrot & Cucumber Cup Watermelon Chunks Ranch Dip/ Ketchup Milk	<b>Lunch (2.55)</b> (2) Chili Crisпитos Nacho Chips Veggie Cup /Sweet Corn Salsa Cup Strawberry Cup Milk	<b>Lunch (1.70)</b> (4) Chicken Nuggets Potato Wedges Green Beans Hot Roll Assorted Fruit Milk
<b>Supper</b> Laker Hot Dog French Fries Veggie Cup Strawberry Cup Graham Crackers Milk	<b>Supper</b> Chicken Strips Creamy Potatoes Peas Hot Roll Assorted Fruit Milk 8oz	<b>Supper</b> Laker Burger French Fries Carrot & Cucumber Cup Watermelon Chunks Dunk Cup Milk 8oz	<b>Supper</b> Pizza! Pizza ! Romaine Garden Salad Assorted Fruit Cookie Milk

Free Meal *Location	Dates-Meal-Available Times		
<b>RUSSELL COUNTY HIGH SCHOOL</b> * LIBRARY 2166 South Hwy 127 Russell Springs, KY 42642 270-858-4893	June 1	Lunch	11:00-11:30
	June 2	Lunch	11:00-11:30
	June 3	Lunch	11:00-11:30
	June 6	Lunch	11:00-11:30
	June 7	Lunch	11:00-11:30
	June 8	Lunch	11:00-11:30
	June 9	Lunch	11:00-11:30
	June 10	Lunch	11:00-11:30
	June 13	Lunch	11:00-11:30
	June 14	Lunch	11:00-11:30
	June 15	Lunch	11:00-11:30
	June 16	Lunch	11:00-11:30
	June 17	Lunch	11:00-11:30

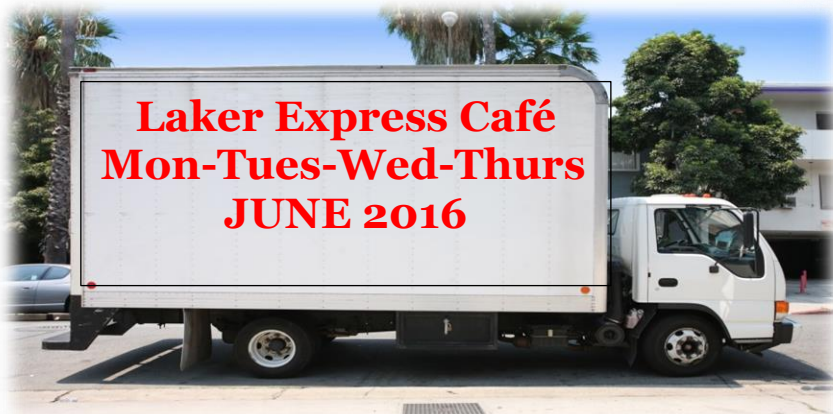


FREE Meal *Location	Dates-Meal Available-Times			Dates-Meals Available-Times		
<b>Russell Co Middle School</b> *Laker Café 2258 S Hwy 127 Russell Springs, KY 42642 270-858-4893	June 6	Breakfast Lunch	8:00-8:30 11:30-12:00	July 25	Supper	4:15-5:00
	June 7	Breakfast Lunch	8:00-8:30 11:30-12:00	July 26	Supper	4:15-5:00
	June 8	Lunch	11:30-12:00	July 27	Supper	4:15-5:00
	June 9	Lunch	11:30-12:00	July 28	Supper	4:15-5:00
	June 13	Lunch	11:30-12:00			
	June 14	Lunch	11:30-12:00			
	June 15	Lunch	11:30-12:00			
	June 16	Breakfast Lunch	8:00-8:30 11:30-12:00			

<b>SALEM</b> <b>Elementary</b> <b>*Laker Café</b> 1409 S Hwy 76 Russell Springs, KY 42642 270-858-4893	<b>Dates-Meals Available-Times</b>		<b>Date – Meals Available- Times</b>		
			July 11	Breakfast Lunch	8:00-8:20 10:40-11:00
			July 12	Breakfast Lunch	8:00-8:20 10:40-11:00
			July 13	Breakfast Lunch	8:00-8:20 10:40-11:00
			July 14	Breakfast Lunch	8:00-8:20 10:40-11:00

<b>Jamestown</b> <b>Elementary</b> <b>* Laker</b> <b>Café</b> 342 S Main Jamestown, KY 42629 270-858-4893	<b>Dates-Meal Available-Time</b>			<b>Dates-Meal Available-Times</b>		
	June 14	Supper	5:00-5:30	July 5	Supper	5:00-5:30
	June 16	Supper	5:00-5:30	July 7	Supper	5:00-5:30
	June 20	Lunch	11:30-12:00	July12	Supper	5:00-5:30
	June 21	Lunch Supper	11:30-12:00 5:00-5:30	July14	Supper	5:00-5:30
	June 22	Lunch	11:30-12:00	July19	Supper	5:00-5:30
	June 23	Lunch Supper	11:30-12:00 5:00-5:30	July21	Supper	5:00-5:30
	June 28	Supper	5:00-5:30	July26	Supper	5:00-5:30
	June 30	Supper	5:00-5:30	July28	Supper	5:00-5:30

<b>Russell</b> <b>Springs</b> <b>Elementary</b> <b>* Laker Café</b> 1554 N Hwy 127 Russell Springs, KY 42642 270-858-4893	<b>Dates-Meals Available-Times</b>			<b>Dates-Meals Available-Times</b>		
	June 13	Breakfast Lunch	7:30-8:00 11:00-11:30	July 25	Supper	4:00-5:30
	June 14	Breakfast Lunch	7:30-8:00 11:00-11:30	July 26	Supper	4:00-5:30
	June 15	Breakfast Lunch	7:30-8:00 11:00-11:30	July 28	Supper	4:00-5:30
	June 16	Breakfast Lunch	7:30-8:00 11:00-11:30			
	June 20	Breakfast Lunch	7:30-8:00 11:00-11:30			
	June 21	Breakfast Lunch	7:30-8:00 11:00-11:30			
	June 22	Breakfast Lunch	7:30-8:00 11:00-11:30			
	June 23	Breakfast Lunch	7:30-8:00 11:00-11:30			



<b>LAKER Express</b> <b>Mobile Route Location</b>	<b>Ready to</b> <b>EAT Time</b>	<b>End Time</b>
1. Russell Springs Manor	10:00am	10:20 am
2. Middletown Estates	10:35 am	10:55 am
3. Jamestown Manor	11:15 am	11:35 am
4. Valley View	11:50 am	12:10 pm

*\*Express meals consists of sandwich-chips-fruits-veggies-milk*