



## Breakfast Lunch

### Tuesday, 1st

Egg and Cheese Sandwich      Red Beans w/ Rice  
Carrots w/ Ranch, Cornbread

### Wednesday, June 2nd

Blueberry Muffin      Frito Pie  
Cheese String

### Thursday, June 3rd

Maple Pancake Sandwich      BBQ Chicken Thigh, Mac  
& Cheese, Baked Beans,  
Green Beans

### Friday, June 4th

French Toast Sticks      Turkey and Cheese Ciabatta  
Seasoned Corn

## Watermelon's Health Benefits

Watermelons contain the highest water content of any fruit, which makes them great snacks for keeping your children hydrated in those hot summer months. They are only



46 calories per cup and are high in vitamin C, Vitamin A, and many plant compounds. Watermelons also provide these important benefits:

- 1) Keep you hydrated
- 2) Help improve digestion
- 3) Good for skin and hair
- 4) May improve heart health
- 5) May relieve muscle soreness

## Tips for a Healthy Beach Vacation

School is over and summer is finally here. It's time to take that much needed vacation. Going to the beach is a personal favorite for most families. There are many tips to make the most out of your hard earned rest time.



- 1) **Bring healthy snacks:** Many beaches have high calorie snack stands with cookies, hamburgers, fries, or hot dogs. Try to bring snacks like unsalted nuts, whole grain crackers, trail mix, or fresh or dry fruit.
- 2) **Cook at the condo:** Try to bring foods to cook meals at the condo for your family. Instead of going to the restaurants and cafes, try to bring foods like low fat yogurt with fruit for breakfast, grilled chicken salad for lunch, a fruit smoothie for a snack, and a sandwich on whole grain bread with baked chips for dinner. With these few substitutions you can have extra energy to enjoy your time at the beach.
- 3) **Stay hydrated:** It's important to drink water throughout the day at the beach. The combination of high temperatures and swimming exhaustion can cause you to not realize you are becoming dehydrated. Signs of dehydration are: Thirst, headaches, dry or stick mouth, tiredness, or dizziness. You can eat a variety of fruits and vegetables like watermelon or celery to get in some extra water and nutrients.

Enjoy a healthy day at the beach by fueling your body with nutrient-rich meals and snacks, and stay hydrated.

This institution is an equal opportunity provider and employer. Menus are subject to change.

## Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

### Monday, June 7th

Cinnamon Toast      Hamburger w/ Fries  
Cereal, Cheese String      Dressing Cup, Mayo, Ketchup

### Tuesday, June 8th

Maple & Chicken      White Beans & Rice  
Sausage Sandwich      Carrots w/ Ranch, Cornbread

### Wednesday, June 9th

Banana Muffin      Turkey Nachos  
Cheese String

### Thursday, June 10th

Egg and Cheese Sandwich      Herb Roasted Chicken  
w/ Rice and Gravy, Peas  
Salad w/ Carrots, Biscuit

### Friday, June 11th

Cinnamon Rolls      No Lunch  
w/ Icing

