



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

