






may menu

PRE-KINDER

Milk will be offered with every meal.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 2 Popcorn Chicken with Sweet & Sour Sauce Fried Rice Steamed Carrots Garden Salad Fruit Cup | 3  Manager's Choice | 4 Spaghetti with Meat Sauce and Cheesy Bites Seasoned Vegetables Garden Salad Fruit Cup | 5 Cinco De Mayo! Quesadillas Rice & Beans Side Salad Churros with Cinnamon Apples | 6 BBQ Sub or Cheese Burger Basket with Fries Garden Salad Fresh Fruit |
| 9 Chicken & Waffles Carrot Dippers Steamed Vegetables Fruit Cup | 10 Tornados Side Salad Pinto Beans Spanish Rice Berries & Cream | 11  Manager's Choice | 12 Drumstick Hot Roll Mashed Potatoes Steamed Broccoli Fruit Crisp | 13 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit |
| 16 Hot Dog with Fries Seasoned Vegetables Carrot Dippers Fresh Fruit Salad | 17 Quesadillas Lettuce & Tomato Refried Beans Spanish Rice Fruit Dessert | 18 Pizza Steamed Broccoli Tossed Salad Fruit Cup | 19 Steak Fingers Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream | 20 Enjoy your Day off!  |
| 23 Popcorn Chicken with Sweet & Sour Sauce Fried Rice Steamed Carrots Garden Salad Fruit Cup | 24 Burger Basket with Fries Lettuce & Pickles Fresh Fruit | 25 Cheese Pizza Seasoned Vegetables Fruit Cup | le  Grab N' Go Sack Lunch | Enjoy Your  |

Unwind

Summer is finally here! I hope your plans include taking some time to have fun and relax! Here are some ways you can do so.

- ◆ **Spend some time**
One of the best and most effective ways to boost your mood is to get outdoors and soak in a little Vitamin D.
- ◆ **Unplug from TV.** Take time each day to unplug from your devices and plug into your family and friends.
- ◆ **Step outside your comfort zone.** Try something new. Maybe a new food or activity. Use this free time to have a little fun!



<http://www.healthywomen.org/content/blog-entry/10-ways-relax-summer-truly-unwind-and-unplug-be-happy-and-balanced>

An option of Fresh Fruit or Fruit Cup and a Choice of Juice and Milk are also offered everyday.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------|--------------------|-------------------|--------------------------|--------------------|
| Week 1 & 3 | Breakfast Pizza | Yogurt w/ Scoobies | Cereal & Toast | Breakfast Wrap | Breakfast Sandwich |
| Week 2 & 4 | Yogurt & Muffin | Pig in a Blanket | Biscuit & Sausage | Eggs w/Sausage and Toast | Pancake Wrap |

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.

