Monday Tuesday Wednesday Thursday Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk will be offered with every meal.	2 Popcorn Chicken with Sweet & Sour Sauce Fried Rice Steamed Carrots Garden Salad Fruit Cup	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	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!
M	23 Popcorn Chicken with Sweet & Sour Sauce Fried Rice Steamed Carrots Garden Salad	24 Burger Basket with Fries Lettuce & Pickles Fresh Fruit	25 Cheese Pizza Seasoned Vegetables Fruit Cup	Grab N' Go Sack Lunch	Enjoy Your

Fruit Cup

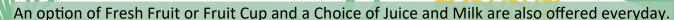
Unwind

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.

- 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



	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.