



Summer Feeding June 3 - July 26, 2013



Summer Fruits & Veggies

Find the fresh summer fruits and veggies. Words can be written forwards, backwards, or diagonally.

- | | | |
|-----------|------------|------------|
| Blueberry | Green Bean | Plum |
| Cherry | Lettuce | Strawberry |
| Corn | Mango | Tomato |
| Cucumber | Peach | Watermelon |

wk1

R	N	P	A	S	Y	H	S	N	I
N	O	L	E	M	R	E	T	A	W
T	G	U	E	A	R	Y	R	E	B
Y	N	M	N	A	C	U	A	B	L
R	A	Y	L	R	R	H	W	N	E
R	M	R	E	B	O	L	B	E	U
E	L	E	T	T	U	C	E	E	T
H	B	L	U	E	B	E	R	R	Y
C	U	C	U	M	B	E	R	G	O
N	O	T	A	M	O	T	Y	O	M

*Alternative food item will be available for those with peanut/nut allergies

wk2

Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
<p>BREAKFAST Reduced Sugar Cinnamon Crunch Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH Peanut Butter & Jelly Sandw* Grape Juice Mini Carrots Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p>LUNCH Hamburger Mayonnaise/Mustard Apple Potato Salad Choice of Milk</p>	<p>BREAKFAST Golden Grahams Cereal Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH Ham & Cheese Wrap Fruit Punch Broccoli w/Ranch Dressing Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p>LUNCH Hotdog Catsup/Mustard Fresh Pear Coleslaw Choice of Milk</p>	<p>BREAKFAST Honey Nut Cheerios Cinnamon Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH Chicken Fajita Wrap Sour Cream Applesauce Black Bean & Corn Salsa Sun Chips Choice of Milk</p>
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
<p>BREAKFAST Lucky Charms Goldfish Chocolate Grahams 100% Punch Juice Choice of Milk</p> <p>LUNCH Taco Chips w/Salsa 4 oz. Yogurt or Cheese Stick Apple Juice Mini Carrots Choice of Milk</p>	<p>BREAKFAST Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p>LUNCH Chicken Sandwich Mayonnaise/Mustard Fresh Apple Cole Slaw Choice of Milk</p>	<p>BREAKFAST Honey Kix Cereal Oat Crunch Bar 100% Apple Juice Choice of Milk</p> <p>LUNCH Chicken Salad Sandwich Grape Juice Broccoli w/Ranch Dressing Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p>LUNCH Sliders Mayonnaise/Mustard Fresh Pear Potato Salad Choice of Milk</p>	<p>BREAKFAST Reduced Sugar Trix Cereal Cinnamon Grahams 100% Punch Juice Choice of Milk</p> <p>LUNCH Turkey & Cheese on a Bun Mayonnaise/Mustard Mandarin Oranges Three Bean Salad Nacho Chips Choice of Milk</p>



wk1

Summer Nutrition Tip:



Summer's heat and humidity increases our hydration needs because our bodies are perspiring more and increased humidity prevents this perspiration from evaporating and lowering our body temperatures, ex-

wk2

plains Mayo Clinic.com. Dehydration can lead to excessive thirst, cramping, heat exhaustion or stroke. To prevent dehydration, drink water regularly and replace lost electrolytes with natural sports drinks that don't contain too much sugar. Fruits and vegetables with high water content, such as melon and cucumbers, also help you stay hydrated.

*Alternative food item will be available for those with peanut/nut allergies

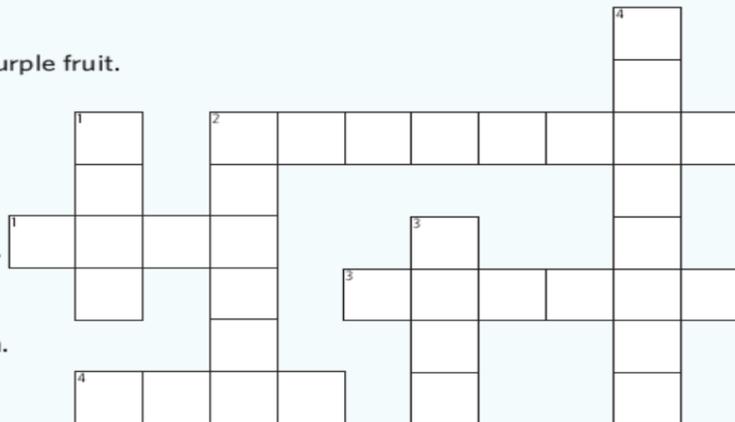
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
<p>BREAKFAST</p> <p>Reduced Sugar Cinnamon Crunch Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH</p> <p>Peanut Butter & Jelly Sandw* Grape Juice Mini Carrots Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST</p> <p>Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Hamburger Mayonnaise/Mustard Apple Potato Salad Choice of Milk</p>	<p>BREAKFAST</p> <p>Golden Grahams Cereal Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH</p> <p>Ham & Cheese Wrap Fruit Punch Broccoli w/Ranch Dressing Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST</p> <p>Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Hotdog Catsup/Mustard Fresh Pear Coleslaw Choice of Milk</p>	<p>BREAKFAST</p> <p>Honey Nut Cheerios Cinnamon Grahams 100% Apple Juice Choice of Milk</p> <p>LUNCH</p> <p>Chicken Fajita Wrap Sour Cream Applesauce Black Bean & Corn Salsa Sun Chips Choice of Milk</p>
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27	Friday, June 28
<p>BREAKFAST</p> <p>Lucky Charms Goldfish Chocolate Grahams 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Taco Chips w/Salsa 4 oz. Yogurt or Cheese Stick Apple Juice Mini Carrots Choice of Milk</p>	<p>BREAKFAST</p> <p>Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Chicken Sandwich Mayonnaise/Mustard Fresh Apple Cole Slaw Choice of Milk</p>	<p>BREAKFAST</p> <p>Honey Kix Cereal Oat Crunch Bar 100% Apple Juice Choice of Milk</p> <p>LUNCH</p> <p>Chicken Salad Sandwich Grape Juice Broccoli w/Ranch Dressing Baked Potato Chips Choice of Milk</p>	<p>BREAKFAST</p> <p>Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Sliders Mayonnaise/Mustard Fresh Pear Potato Salad Choice of Milk</p>	<p>BREAKFAST</p> <p>Reduced Sugar Trix Cereal Cinnamon Grahams 100% Punch Juice Choice of Milk</p> <p>LUNCH</p> <p>Turkey & Cheese on a Bun Mayonnaise/Mustard Mandarin Oranges Three Bean Salad Nacho Chips Choice of Milk</p>

ACROSS

- Prunes are the dried form of this purple fruit.
- PB&J is a type of this.
- Eat outdoors.
- ___ on the cob.

DOWN

- Independence Day is in this month.
- The hot season.
- A white calcium packed drink.
- You take this break during 2. Down.



- ANSWERS**
- Across
- Plum
 - Sandwich
 - Picnic
 - Corn
- Down
- July
 - Summer
 - Milk
 - Vacation

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Summer Fun

Here is a Summer Sudoku to puzzle over. Using the 6 letters of the word bucket, place the letters in the grid.

Summer Sudoku



wk1

Every row, column and mini-grid must contain the letters BUCKET. Don't guess - use logic

	T			K	
	U	K	B	C	
T					U
K					C
	B	E	C	T	
	K			U	

Answer:

B
C
K
E
T
U
B
C
K
E
T
U
B
C
K
E
T
U

wk2

*Alternative food item will be available for those with peanut/nut allergies

Monday, July 1

BREAKFAST

Reduced Sugar Cinnamon Crunch
Cinnamon Goldfish Grahams
100% Apple Juice
Choice of Milk

LUNCH

Peanut Butter & Jelly Sandw*
Grape Juice
Mini Carrots
Baked Potato Chips
Choice of Milk

Tuesday, July 2

BREAKFAST

Fruity Cheerios Cereal
Animal Crackers
100% Punch Juice
Choice of Milk

LUNCH

Hamburger
Mayonnaise/Mustard
Apple
Potato Salad
Choice of Milk

Wednesday, July 3

BREAKFAST

Golden Grahams Cereal
Cinnamon Goldfish Grahams
100% Apple Juice
Choice of Milk

LUNCH

Ham & Cheese Wrap
Fruit Punch
Broccoli w/Ranch Dressing
Baked Potato Chips
Choice of Milk

Thursday, July 4



No Meal Service

Friday, July 5

BREAKFAST

Honey Nut Cheerios
Cinnamon Grahams
100% Apple Juice
Choice of Milk

LUNCH

Chicken Fajita Wrap
Sour Cream
Applesauce
Black Bean & Corn Salsa
Sun Chips
Choice of Milk

Monday, July 8

BREAKFAST

Lucky Charms
Goldfish Chocolate Grahams
100% Punch Juice
Choice of Milk

LUNCH

Taco Chips w/Salsa 4 oz.
Yogurt or Cheese Stick
Apple Juice
Mini Carrots
Choice of Milk

Tuesday, July 9

BREAKFAST

Reduced Sugar Cocoa Puffs
Pepperidge Cheddar Goldfish
100% Punch Juice
Choice of Milk

LUNCH

Chicken Sandwich
Mayonnaise/Mustard
Fresh Apple
Cole Slaw
Choice of Milk

Wednesday, July 10

BREAKFAST

Honey Kix Cereal
Oat Crunch Bar
100% Apple Juice
Choice of Milk

LUNCH

Chicken Salad Sandwich
Grape Juice
Broccoli w/Ranch Dressing
Baked Potato Chips
Choice of Milk

Thursday, July 11

BREAKFAST

Fruity Cheerios Cereal
Animal Crackers
100% Punch Juice
Choice of Milk

LUNCH

Sliders
Mayonnaise/Mustard
Fresh Pear
Potato Salad
Choice of Milk

Friday, July 12

BREAKFAST

Reduced Sugar Trix Cereal
Cinnamon Grahams
100% Punch Juice
Choice of Milk

LUNCH

Turkey & Cheese on a Bun
Mayonnaise/Mustard
Mandarin Oranges
Three Bean Salad
Nacho Chips
Choice of Milk



Summer Nutrition Tip:

wk1



With all the summertime activities you will be **THIRSTY**.

That means you will need more water. The American Association of Pediatrics has recommended that children and teens drink water for hydration. They have also recommended staying away from drinks that have sugar and/or caffeine like energy drinks, sports drinks and sodas.

wk2

You may think you are hungry but all you really need to do is drink some water. Water has zero calories and is the perfect drink to keep you hydrated during the hot summer months.

*Alternative food item will be available for those with peanut/nut allergies

Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
<p><u>BREAKFAST</u> Reduced Sugar Cinnamon Crunch Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p><u>LUNCH</u> Peanut Butter & Jelly Sandw* Grape Juice Mini Carrots Baked Potato Chips Choice of Milk</p>	<p><u>BREAKFAST</u> Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Hamburger Mayonnaise/Mustard Apple Potato Salad Choice of Milk</p>	<p><u>BREAKFAST</u> Golden Grahams Cereal Cinnamon Goldfish Grahams 100% Apple Juice Choice of Milk</p> <p><u>LUNCH</u> Ham & Cheese Wrap Broccoli w/Ranch Dressing Fruit Punch Baked Potato Chips Choice of Milk</p>	<p><u>BREAKFAST</u> Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Hotdog Catsup/Mustard Fresh Pear Coleslaw Choice of Milk</p>	<p><u>BREAKFAST</u> Honey Nut Cheerios Cinnamon Grahams 100% Apple Juice Choice of Milk</p> <p><u>LUNCH</u> Chicken Fajita Wrap Sour Cream Applesauce Black Bean & Corn Salsa Sun Chips Choice of Milk</p>
Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26
<p><u>BREAKFAST</u> Lucky Charms Goldfish Chocolate Grahams 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Taco Chips w/Salsa 4 oz. Yogurt or Cheese Stick Apple Juice Mini Carrots Choice of Milk</p>	<p><u>BREAKFAST</u> Reduced Sugar Cocoa Puffs Pepperidge Cheddar Goldfish 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Chicken Sandwich Mayonnaise/Mustard Fresh Apple Cole Slaw Choice of Milk</p>	<p><u>BREAKFAST</u> Honey Kix Cereal Oat Crunch Bar 100% Apple Juice Choice of Milk</p> <p><u>LUNCH</u> Chicken Salad Sandwich Grape Juice Broccoli w/Ranch Dressing Baked Potato Chips Choice of Milk</p>	<p><u>BREAKFAST</u> Fruity Cheerios Cereal Animal Crackers 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Sliders Mayonnaise/Mustard Fresh Pear Potato Salad Choice of Milk</p>	<p><u>BREAKFAST</u> Reduced Sugar Trix Cereal Cinnamon Grahams 100% Punch Juice Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese on a Bun Mayonnaise/Mustard Mandarin Oranges Three Bean Salad Nacho Chips Choice of Milk</p>

