



# June 2010 LUNCH MENU



AM Snack	21 Honey Wheat Bars (B)	22 Apple Churros (P)	23 Graham Crackers w/ Sunbutter (B,P)	24 Nutrigrain Bars (B)	25 Mini-Pancakes w/ syrup (B)
Lunch	Chicken and Gravy (P), Rice (B), Peas (F), Pears(F)	Tuna Salad or PBJ on Wheat Bread (P,B), Pickles (F), Fresh Fruit (F), Celery/Carrot Sticks (F) Goldfish	Macaroni & Cheese (B,P), Green Beans (F), Fruit Cocktail (F)	Pizza Cheese Sticks (B,P), Dipping Sauce (F), Corn (F), Pineapples (F)	<b>BROWN BAG DAY</b>
PM Snack	Watermelon Slices (F)	Pretzel Trail Mix (B)	Chocolate Pudding	Crackers & Hummus (B,P)	Healthy Choice Variety
AM Snack	28 Graham Crackers (B)	29 Bagels w/ Cream Cheese (B)	30 English Muffins w/ Cinnamon (B)	<b>SALAD BAR AVAILABLE MON. through THURS. for Kindergarten – Gr. 6</b>	<b>OUR DAILY NUTRITIONAL GOALS</b> Bread – 6, Fruit – 5 Protein – 2, Dairy – 2 (Some days will vary)
Lunch	Turkey Hot Dogs on a Bun (B,P), Ketchup, Cheese Slice (M), Corn (F), Mandarin Oranges (F)	Ham & Cheese or PBJ on Wheat Bread (P,M,B), Cucumbers (F), Fruit (F)	Tri-Color Rotini (B), Alfredo Sauce , Fruit Cocktail (F), Green Beans (F)	<b>*Vegetarian Options available when meat is served</b>	<b>REQUIREMENT SYMBOLS</b> F –Fruit & Vegetables M – Milk & Cheese P – Protein B – Bread, Rice, Pasta
PM Snack	Gogurts (M)	Applesauce cups & Crackers (F,B)	Pretzel Trail Mix (B)		

“The potential of a child is the most intriguing and stimulating thing in all creation.”

- Rav L. Wilbur

## June 2010 Activity Calendar

20 *Sr. & Jr. Camp – Soccer Camp  Father's Day *School open for camp set-up	21 * Sr. Camp – Photography Club 1:30pm *First Day of Camp *Welcome to Camp Newsletter & June menu out *Summer begins	22	23 * Sr. Camp – Photography Club 1:30pm *Admin. Meeting 10:30am	24 *AM Fire Drill	25 * Sr. Camp – Photography Club 1:30pm *First CIT Meeting 12:00-12:30 BROWN BAG DAY	26 *Parents' Night Out 6pm-midnight Theme: "Out of This World" *Full Moon
27	28 *Sr Camp – Leda Lanes 12:30-3:30pm *July newsletter and menu out	29 * Sr. Camp - Polar Caves 9:30am- 4:00pm	30 * Sr Camp – Hip Hop Class 4:20-5:00 *Jr. Camp – BJ Hickman Magician 10:30-11:30am *Admin. Meeting 10:30am *NPL 10:30am	1 *Wizards – Overnight Campout and Glo Bowling 6:00pm – 7:00am(7/2) *Sr. Camp –Hip Hop 3:30-4:20pm *Jr. Camp – Ballet 3:15pm Hip Hop – 3:50pm *Canada Day	2 *Sr. Camp – Lunch at Haywards 11:30am *BROWN BAG DAY	