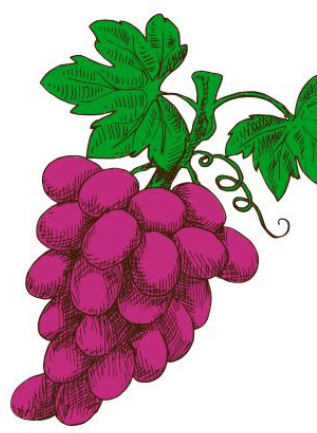




BREAKFAST MENU



MEAL SERVICES DURING SCHOOL CLOSURES

MENUS ARE SUBJECT TO CHANGE

Monday

Large Cereal Bowl
Fruit
Fruit Juice
Milk

Tuesday

Small Cereal Bowl
Graham Cracker
Fruit
Fruit Juice
Milk

Wednesday

Small Cereal Bowl
Muffin
Fruit
Fruit Juice
Milk

Thursday

Pop Tart
Fruit
Fruit Juice
Milk

Friday

Large Cereal Bowl
Fruit
Fruit Juice
Milk

SLEEP RECOMMENDATIONS BY AGE

Infants 4-12 mo: 12-16 hours
Children 1-2: 11-14 hours
Children 3-5: 10-13 hours

Children 6-12: 6-12 hours
Teenagers 13-18: 8-10 hours
Source: American Academy of Pediatrics

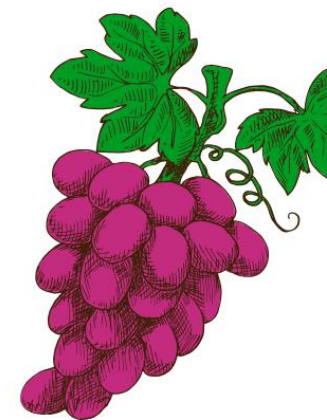


This institution is an equal opportunity provider.
Menu is subject to change.





LUNCH MENU



MEAL SERVICES DURING SCHOOL CLOSURES

MENUS ARE SUBJECT TO CHANGE

Monday

PBJ Sandwich
String Cheese
Cheez Its
Carrots
Ranch Dressing
Juice
Fresh Apple Slices
Fruit juice
Milk

Tuesday

Pizza Munchable
Fresh Broccoli
Ranch Dressing
Fresh Fruit
Fruit juice
Milk

Wednesday

Yogurt
String Cheese
Goldfish Crackers
Saltine crackers
Celery Sticks
Fruit Juice
Fresh Fruit
Juice

Thursday

Turkey Deli
Sandwich
Ranch Black Bean
and Corn Salad
Tostito Scoops
Fruit
Fruit Juice
Milk
Mini Rice Krispy

Friday

PBJ Sandwich
String Cheese
Cheez Its
Carrots
Ranch Dressing
Juice
Fresh Apple Slices
Fruit juice
Milk

IMMUNE-BOOSTING TIPS

- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based



This institution is an equal opportunity provider.
Menu is subject to change.

