

Summer

JUNE 2022

PRE-K BREAKFAST AND LUNCH EL PASO



MONDAY

30 de Mayo



TUESDAY

31 de Mayo

- B** Cereal & Cracker Pack
- L** Veggie Pizza
Crumbly Ranch Cauliflower

WEDNESDAY

1

- B** Breakfast Pizza
- L** Chicken Dippers
Potato Wedges

THURSDAY

2

- B** Fresh Fruit Parfait
- L** Chile Verde Quesadilla
Charro Beans

FRIDAY

3

- B** Sausage, Egg, & Cheese BoB
- L** Crispy Chicken Sandwich
Parmesan Carrot Fries

6

- B** Granola and Greek Yogurt Cup
- L** Cheddar Grilled Cheese
Creamy Tomato Basil Soup

7

- B** Overnight PBJ Oatmeal
- L** Chicken Parmesan w/
Homemade Marinara

8

- B** Potato, Egg & Cheese
Breakfast Burrito
- L** Bean and Beef Chili
Tostitos Scoops

9

- B** Mini Maple Chip Waffles
- L** Cheese Flautas
Refried Beans

10

- B** Canadian Turkey Ham and
Swiss Croissant
- L** Pizza
Roasted Garlic Green Beans

13

SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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SUMMER MENU

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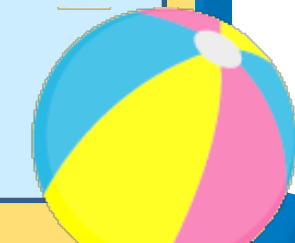
SUMMER MENU

30

SUMMER MENU

July 1

SUMMER MENU



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

LEGEND

- B: Breakfast**
- L: Lunch**
- FF: Fat Free**

NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.



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- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.
- (4) This institution is an equal opportunity provider.

HARVEST OF THE MONTH

ASPARAGUS



Harvest of the Month was created by IDEA CNP to highlight seasonal vegetables. Each month, you can look forward to online resources including:

- Family-friendly recipes
- Printable activities, and
- Nutrition tidbits about our monthly harvest

Harvest of the month resources can be accessed by clicking [HERE](#) or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

JOKE OF THE MONTH

What do you call blueberries playing the guitar?

Answer at the bottom!



Al Jam session!

NUTRITION CORNER

JUNE IS MyPlates Birthday!

This month MyPlate celebrates its 11th birthday! MyPlate is a great tool you can use to help you create a healthy plate. Remember, benefits of healthy eating add up over time, bite by bite.

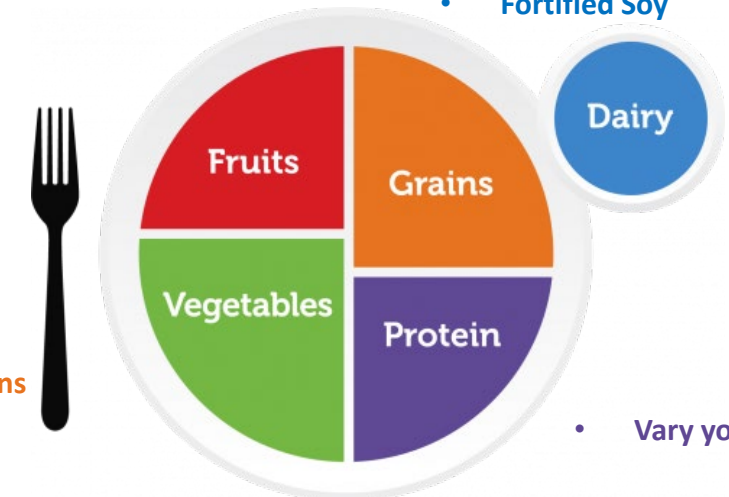
You can celebrate by visiting www.myplate.gov/birthday to discover healthy eating and budget savvy tips and tricks for warmer weather.

Make half your plate **fruits** and **veggies**.

- **Focus on whole fruits.**
- **Vary your veggies.**

- **Choose milk/yogurt that is:**
- **Low Fat**
- **Fat Free**
- **Lactose Free**
- **Fortified Soy**

- **Make half your grains whole grains**



- **Vary your proteins**

DID YOU KNOW?

June is National Child Vision Awareness Month!

Celebrate Child Vision Awareness Month by taking your child for an eye exam! Keep an eye out for these warning signs that are often associated with eye vision problems include:

- **Squinting**
- **Headaches**
- **Eye Pain**
- **Constant Rubbing of Eyes**

If your child has any of these symptoms, be sure to get their eyes checked

