

Summer

JUNE 2022 FLORIDA SUMMER MENU



MONDAY

May 30th



MEMORIAL DAY

6

- B** Cereal & Cracker Pack
- L** Pizza
Fresh Baby Carrots

13

- B** Cereal & Cracker Pack
- L** Veggie Pizza
Roasted Italian Zucchini

20

- B** Cereal & Cracker Pack
- L** Pizza
Fresh Baby Carrots

27

Summer Vacation



TUESDAY

May 31st

- B** Cereal & Cracker Pack
- L** Veggie Pizza
Roasted Italian Zucchini

7

- B** Biscuits w/ Jelly
- L** Chile Verde Chicken Quesadilla
Refried Beans

14

- B** Granola and Greek Yogurt Cup
- L** Chicken Dippers
Wheat Roll
Rustic Mashed Potatoes

21

- B** Biscuits w/ Jelly
- L** Chile Verde Chicken Quesadilla
Refried Beans

28

Summer Vacation

WEDNESDAY

1

- B** Pancake Sandwich
- L** Tacos
Pico de Gallo Salad

8

- B** Maple Chip Waffles
- L** Beefsteak Swiss Burger
Waffle Fries

15

- B** Pancake Sandwich
- L** Tacos
Pico de Gallo Salad

22

- B** Mini Maple Chip Waffles
- L** Beefsteak Swiss Burger
Waffle Fries

29

Summer Vacation

THURSDAY

2

- B** Canadian Turkey Ham & Swiss Croissant
- L** Crispy Chicken Sandwich
Sweet Potato Puffs

9

- B** Muffin Top
- L** Cheddar Grilled Cheese
Celery Sticks w/ Peanut Butter

16

- B** Canadian Turkey Ham & Swiss Croissant
- L** Crispy Chicken Sandwich
Sweet Potato Puffs

23

- B** Muffin Top
- L** Cheddar Grilled Cheese
Celery Sticks w/ Peanut Butter

30

Summer Vacation

FRIDAY

3

- B** Cereal & Cracker Pack
- L** Beef and Bean Chili
Tostitos Scoops
Corn

10

- B** Cereal and Cracker Pack
- L** Chicken Parmesan w/
Homemade Marinara
Zesty Lemon Broccoli

17

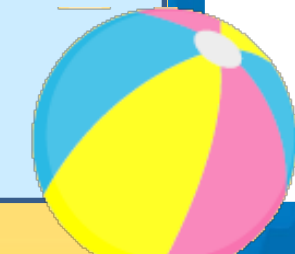
- B** Cereal & Cracker Pack
- L** Beef and Bean Chili
Tostitos Scoops
Corn

24

- B** Cereal and Cracker Pack
- L** Chicken Parmesan w/
Homemade Marinara
Zesty Lemon Broccoli

July 1

Summer Vacation



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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Child Nutrition Program

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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.

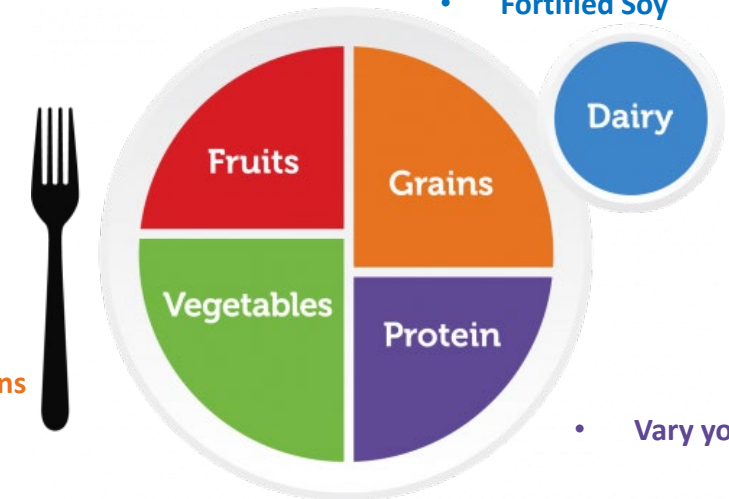
You can celebrate by visiting www.myplate.gov/birthday to discover healthy eating and budget savvy tips and tricks for warmer weather.

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 you 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

