

# JULY 2022

## FLORIDA SUMMER MENU

### MONDAY

JUNE 27

No Meal Service

4

No Meal Service

**HAPPY  
4TH  
OF JULY**

11

**B** Cereal & Cracker Pack

**L** Veggie Pizza  
Roasted Italian Zucchini

18

**B** Cereal & Cracker Pack

**L** Pizza  
Fresh Baby Carrots

25

No Meal Service

### TUESDAY

JUNE 28

No Meal Service

5

**B** Cereal & Cracker Pack

**L** Pizza  
Fresh Baby Carrots

12

**B** Granola and Greek Yogurt Cup

**L** Chicken Dippers  
Wheat Roll  
Rustic Mashed Potatoes

19

**B** Biscuits w/ Jelly

**L** Cheesy Quesadilla  
Refried Beans

26

No Meal Service

### WEDNESDAY

JUNE 29

No Meal Service

6

**B** Mini Maple Chip Waffles

**L** Beefsteak Swiss Burger  
Waffle Fries

13

**B** Chicken Sausage Pancake  
Sandwich

**L** Tacos  
Pico de Gallo Salad

20

**B** Mini Maple Chip Waffles

**L** Beefsteak Swiss Burger  
Waffle Fries

27

No Meal Service

### THURSDAY

JUNE 30

No Meal Service

7

**B** Muffin Top

**L** Cheddar Grilled Cheese  
Celery Sticks w/ Peanut Butter

14

**B** Canadian Turkey Ham & Swiss  
BOB

**L** Crispy Chicken Sandwich  
Sweet Potato Puffs

21

**B** Muffin Top

**L** Cheddar Grilled Cheese  
Celery Sticks w/ Peanut Butter

28

No Meal Service

### FRIDAY

JULY 1

No Meal Service

8

**B** Cereal and Cracker Pack

**L** Chicken Parmesan w/  
Homemade Marinara  
Zesty Lemon Broccoli

15

**B** Cereal & Cracker Pack

**L** Beef and Bean Chili  
Tostitos Scoops  
Corn

22

**B** Cereal and Cracker Pack

**L** Chicken Parmesan w/  
Homemade Marinara  
Zesty Lemon Broccoli

29

No Meal Service



**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

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## HARVEST OF THE MONTH

### BUTTERHEAD LETTUCE



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](http://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



[IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](http://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## JOKE OF THE MONTH

**Why do Beets always win?**



Answer at the bottom!

They are un-beet-able!

## NUTRITION CORNER

### July 16th is National Fresh Spinach Day!

Get more greens this summer! There are so many reasons to add spinach to your meals:

- Spinach is great anytime of day: Breakfast, Lunch and Dinner!
- It can be easily added to a wide variety of foods: scrambled eggs, pasta, sandwiches, salads, etc.
- Spinach is an excellent source of a variety of nutrients!

Try this tasty Penne Pasta Salad with Tomatoes which is loaded with Fresh Spinach!

#### Ingredients

- 8 ounces dry penne pasta
- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 tsp. Italian herbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon. black pepper
- 1/2 teaspoon salt
- 6 ounces baby spinach leaves
- 1-pint grape cherry tomatoes, halved
- 1 cup bite-size mozzarella cheese balls, halved
- 2 tablespoons grated Parmesan cheese

#### Directions:

1. Cook pasta as directed on package.
2. Drain well.
3. Meanwhile, mix oil, vinegar, herbs, garlic powder, pepper and sea salt in small bowl with wire whisk, until well blended.
4. Mix pasta and spinach in large bowl.
5. Add dressing; toss to coat well.
6. Add tomatoes and cheeses; toss to mix well.
7. Serve immediately or refrigerate until ready to serve.



## DID YOU KNOW?

### JULY IS UV SAFETY AWARENESS MONTH

Celebrate UV Safety Awareness Month by protecting your skin from invisible ultraviolet (UV) radiation. Did you know that sunburn is caused by exposure to UV radiation via the Sun? Here are some useful tips to help you avoid sun damage:

- Limit sun exposure during the sun's peak, usually 10am – 2pm.
- Wear clothes that will cover exposed skin- such as long sleeve shirts, pants, and wide brim hats
- Protect your eyes too by wearing sunglasses
- Use broad spectrum sunscreen that is at least SPF 15 and reapply as directed. For more information on UV safety, visit [https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses?gclid=CjwKCAjwwdWVBhA4EiwAjcYJELRHRtuKdNMCIIF7FkBha1BkcWSP9GTXmvG8cmvPIsXNk43Tgtfo3OhoCUA0QAvD\\_BwE](https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses?gclid=CjwKCAjwwdWVBhA4EiwAjcYJELRHRtuKdNMCIIF7FkBha1BkcWSP9GTXmvG8cmvPIsXNk43Tgtfo3OhoCUA0QAvD_BwE)

