

# Menu for June 2019



## Newport News Public Schools Early Childhood Centers

This institution is an equal opportunity provider.  
Menus are subject to change.



# GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Monday, June 3

### Breakfast

Banana Bread  
Juice  
Milk

### Lunch

Pizza Crunchers  
Potatoes Au Gratin  
Fresh Fruit  
Milk

Tuesday, June 4

### Breakfast

Sausage n Pancake on Stick\*  
Apple Slices  
Milk

### Lunch

Spaghetti w/Meat Sauce  
Collard Greens  
Applesauce  
Milk

Wednesday, June 5

### Breakfast

Mini Pancakes  
Cranraisins  
Milk

### Lunch

Chicken Nuggets  
Corn  
Diced Pears  
Milk

Thursday, June 6

### Breakfast

Chicken Biscuit  
Apple Slices  
Milk

### Lunch

Chicken Patty on Bun  
Sidewinder Fries  
Fresh Fruit  
Milk

Friday, June 7

### Breakfast

Cinnamon Cream Cheese  
Bagel  
Applesauce Cup  
Milk

### Lunch

Pizza\*  
Broccoli  
Fruit Cup  
Milk

Father's  
Day  
June 16

Hang  
out  
with Dad!



Monday, June 10

### Breakfast

Banana Bread  
Juice  
Milk

### Lunch

Hot Dog on Bun  
Baked Beans  
Fresh Fruit  
Milk

Tuesday, June 11

### Breakfast

Sausage Biscuit\*  
Apple Slices  
Milk

### Lunch

Corndog Nuggets  
Spinach  
Applesauce  
Milk

Wednesday, June 12

### Breakfast

Mini Pancakes  
Cranraisins  
Milk

### Lunch

Garlic Cheesy Bread  
Sweet Potato Waffle Fries  
Fresh Fruit  
Milk

Thursday, June 13

### Breakfast

Manager Choice

### Lunch

Manager's Choice

Friday, June 14

YOUR  
ASSIGNMENT

Have a GREAT  
summer! We'll  
see you in a  
few months!



## NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

**A QUICK BITE FOR PARENTS**