

July



HAVE FUN COLOR ME!

EAT SCHOOL LUNCHES!

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

Assorted Cereal
Honey Nut cheerios
FROSTED MINI WHEATS
Graham Crackers
Orange/Apple Juice, Milk

4

5

6

7

8

11

Assorted Cereal
Honey Nut cheerios
FROSTED MINI WHEATS
Graham Crackers
Orange/Apple Juice, Milk

12

Buttered Biscuits
Sausage
Jelly
Orange/Apple Juice, Milk

13

Assorted Fruit
Yogurt
Enriched pop tarts
Orange/Apple Juice, Milk

14

Cinnamon Raisin
Bagel
Assorted jelly
Orange/Apple Juice, Milk

15

Assorted Cereal
Honey Nut cheerios
FROSTED MINI WHEATS
Graham Crackers
Orange/Apple Juice, Milk

18

Assorted Muffins
Blueberry
Apple cinnamon
Graham Crackers
Orange/Apple Juice, Milk

19

Cinnamon swirl
French toast
Lil smokies
Sausage links
Jelly
Orange/Apple

20

Assorted Cereal
Honey Nut cheerios
FROSTED MINI WHEATS
Graham Crackers
Orange/Apple Juice, Milk

21

Brown sugar
Oatmeal
Wheat toast
Orange/apple juice
Milk

22

Assorted Cereal
Raisin Brand
Honey Nut cheerios
Graham Crackers
Orange/Apple

25

Cinnamon
Raisin Bagel
Assorted jelly
Orange/Apple Juice, Milk

26

Buttered Biscuits
Sausage
Jelly
Orange/Apple Juice, Milk

27

Enriched waffles
Honey ham
Syrup
Orange/ apple juice
Milk

28

Assorted Cereal
Honey Nut cheerios
FROSTED MINI WHEATS
Graham Crackers
Orange/Apple Juice, Milk

29

Assorted Fruit
Yogurt
Enriched pop tarts
Orange/Apple Juice, Milk



What does VITAMIN C bring me?



How Do You Make a Lemon Float?

The answer: Put it on a ship! Did you know that oranges, lemons and other citrus fruits have a proud place in sailing history? It's true. A few centuries ago, sailors on long voyages often became ill with a disease called scurvy.

While scurvy is rare today, it used to be a big problem. Because sailors on ships weren't eating enough citrus fruits rich in Vitamin C, they became very weak and even lost their teeth! Once ships started carrying citrus fruits for their passengers and crew, scurvy wasn't a problem anymore. So now you know why it's important to get plenty of healthy Vitamin C every day!



Mixed-Up Meals

Rearrange the letters on these mixed up words to reveal some favorite fruits.

- NABANA
- CHEAP
- GENARO
- MONLE
- GOMAN

Fruit Fact

While it doesn't look like it, a pineapple is a member of the berry family just like strawberries, blueberries and raspberries. Now that's "berry" interesting!

OUR CAFETERIA BRINGS IT!

Your text here.

(Answers: Banana, Peach, Orange, Lemon, Mango)



Food and Nutrition Division
3 E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

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