

Student Lunch.....\$2.75
Milk only.....50¢

All Meals include a choice
of 1% or
Skim White Milk



Hale Early Education Center June, 2019

Student Name: _____

All breads & grains
are whole grain rich
for better health!



Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
<p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles Seasoned Carrot Coins Fresh Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Sliced Grape Tomatoes Fresh Pears 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Baked Beans Raisins 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Pizza Bites Marinara Sauce Seasoned Broccoli Fresh Apples 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Slices Fresh Apples 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Strawberries 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
<p>Monday, June 10</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni & Cheese Fresh Green Beans Fresh Pears 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Pears 1% or Skim White Milk</p>	<p>Tuesday, June 11</p> <p>Picnic! Bagged Lunch</p> <p><u>Choose one</u></p> <p>1. Turkey & Cheese Sandwich Fresh Cucumber Coins Fresh Apple 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Baby Carrots Fresh Apples 1% or Skim White Milk</p>	<p>Wednesday, June 12</p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or - 2. Yogurt & Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>	<p>Thursday, June 13</p> <p>Half Day!</p> <p>Yogurt & Bagel Mozzarella Cheese Stick Baked Tater Tots Strawberries 1% or Skim White Milk</p>	

SUMMER VACATION

A Note from Your School Kitchen

Parents – Log onto www.myschoolaccount.com to view your student's lunch balance and make payments online.

Bagged Lunches are available for field trips from your school kitchen!
Call 860-742-4540 or stop by the kitchen the day before the trip to order!

Questions or suggestions? We would love to hear from you! Please do not hesitate to call the kitchen at 860-742-4540 or Food Service office at 860-742-4535. *This institution is an equal opportunity provider.*

June Physical Activity Tip: Summer vacation is upon us! This is a great time for outdoor activities. Children 2 years and older should get at least 30 minutes of physical activity every day. This does not have to be done all at one time. You can spread the time out. Three 10-minute activity periods will give the same benefits. Don't let your child sit for long periods. Limit your child's TV/computer/video game time to no more than 1 to 2 hours a day.



Did You Know?

Summer meals are free, nutritious meals and snacks that are provided to kids and teens, 18 years of age and younger, throughout the summer when school is out. Meals are made possible through federal nutrition programs, like the National School Lunch Program & Summer Food Service Program. Visit www.ctsummerfood.org and plug in your zip code to find all feeding sites near you ... or dial 2-1-1.