

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Free Summer meals are available for kids all summer across Connecticut. To find summer meals close to you text 877877, call 211 or visit www.Ctsummerfood.org

1
Beef Tacos
Cheesy Rice
Fresh Apple
Fresh Fruit Basket
Chicken Nugget Meal
Fun on the Run Bagel Meal
Tuna Sandwich
Chef Salad

2
Big Daddy's Whole Grain Pizza
Fresh Romaine Salad
Fresh Crispy Apple
Fresh Fruit Basket
Chicken Nugget Meal
Tuna Sandwich
Chef Salad
Fun on the Run Bagel Meal
Field Day Elizabeth Shelton & Mohegan

5
French Toast Sticks
Turkey Sausage
Orange Smiles
Chicken Nugget Meal
Turkey and Cheese Sandwich
Chef Salad
Fun on the Run Bagel Meal
PIZZA PARLOR PIZZA@ BOOTH HILL

6
Crispy Oven Baked Chicken Nuggets
Crunchy Oven Fries
Cucumber Slices
Fresh Apple
Chicken Nugget Meal
Turkey and Cheese Sandwich
Chef Salad
Fun on the Run Bagel Meal
Pizza Parlor Pizza @ ELIZ SHELTON

7
Corn Dog
Oven Fries
Corn
Chicken Nugget Meal
Turkey and Cheese
Chef Salad
Fun on the Run Bagel Meal

8
Fresh Romaine Salad with tomatoes and cucumbers served with Crispy Chicken
Fresh Orange
Fresh Fruit Basket
Chicken Nugget Meal
Turkey and Cheese Sandwich
Chef Salad
Fun on the Run Bagel Meal

9
Big Daddy's Whole Grain Pizza
Fresh Romaine Salad
Fresh Crispy Apple
Fresh Fruit Basket
Chicken Nugget Meal
Turkey and Cheese Sandwich
Chef Salad
Fun on the Run Bagel Meal
SunnySide Field Day

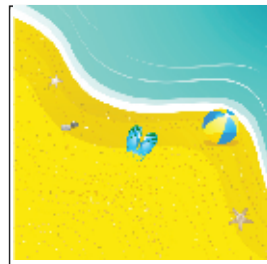
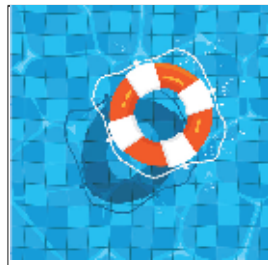
12
Boscio Sticks
Sauteed Carrots
Fresh Broccoli Bites
Fresh Fruit Basket
Chicken Nugget Meal
Ham and Cheese
Caesar Salad
Fun on the Run Bagel Meal
PIZZA PARLOR PIZZA @ SUNNYSIDE AND MOHEGAN

13
Pancakes
Warm strawberry sauce
Sausage
Fresh Fruit Basket
Chicken Nugget Meal
Ham and Cheese Sandwich
Caesar Salad
Fun on the Run Bagel Meal
BOOTH HILL FIELD DAY

14
Italian Dunkers
with marinara sauce for dunking
Fresh Romaine Salad
Chicken Nugget Meal
Ham and Cheese Sandwich
Caesar Salad
Fun on the Run Bagel Meal
PIZZA PARLOR PIZZA@LONGHILL

15
Cheeseburger
Oven Fries
Chicken Nugget Meal
Ham and Cheese Sandwich
Caesar Salad
Fun on the Run Bagel Meal
LUCKY TRAY DAY

16
Big Daddy's Whole Grain Pizza
Fresh Romaine Salad
Fresh Crispy Apple
Fresh Fruit Basket
Chicken Nugget Meal
Ham and Cheese Sandwich
Caesar Salad
Fun on the Run Bagel Meal



School Breakfast Prices
Breakfast \$1.50
Reduced Price Breakfast \$0.30
School Lunch Prices
Student Lunch \$2.75
Reduced Price Lunch \$0.40
Remember, If you get free Lunch you get free Breakfast too!

Daily alternatives:
Chicken Nugget Meal
Boars Head Deli Sandwich on Bakery
Fresh Whole Grain Roll
Freshly made Salad
Fun on the Run Bagel Meal with
Fresh Bagel, Yogurt and Cheese Stick



Pizza Parlor Schedule
6/5 Booth Hill
6/6 Elizabeth Shelton
6/12 Mohegan
6/12 Sunny Side
6/14 Long Hill

Breakfast is the Most Important Meal of the Day
Please Stop in the Cafeteria to get your Nutritious Breakfast Today
You May apply for free and reduced meals at anytime during the course of the school year.



Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor, however you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50% as juice or the child may complain of stomach cramps.



Seal is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cereal Bar Graham Crackers Fresh Fruit Choice Choice of Milk	Breakfast Pastry Graham Crackers Fresh Fruit Choice Choice of Milk
Cereal Bar Whole Gain Graham Crackers Fresh Fruit Choice of Milk	Apple Frudal Whole Gain Graham Crackers Fresh Fruit Choice of Milk	Sausage Egg and Cheese Sandwich Fresh Fruit Choice of Milk	Warm Bagel with Cream Cheese Whole Grain Graham Crackers Fresh Fruit Choice of Milk	Nutrigrain Bar Whole Grain Graham Crackers Fresh Fruit Choice of Milk
Cereal Bar Graham Crackers Fresh Fruit Choice Choice of Milk	Honey Bun Whole Gain Graham Crackers Fresh Fruit Choice of Milk	Bacon Egg and Cheese Sandwich Fresh Fruit Choice of Milk	Apple Frudal Whole Gain Graham Crackers Fresh Fruit Choice of Milk	Breakfast Pastry Graham Crackers Fresh Fruit Choice Choice of Milk

Fresh Pick Recipe

SWEET SUMMER CORN SUCCOTASH (SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/5 tsp basil (chopped)
- 1 1/5 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/5 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. Pour oil into a sauce pan and let the skillet to heat the oil. Add onion and peppers and saute until tender, about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

NUTRITION FACTS:
92 calories, 2.59g fat,
23mg sodium, 2.84g fiber

Thank you for choosing School Breakfast and School Lunch. The cost for breakfast is \$1.50. Reduced priced breakfast is \$0.30. The cost for Lunch is \$2.75. Reduced priced lunch is \$0.40. If your child receives free lunch they can also get free breakfast. Free and Reduced meal applications are available at your child's school office. All applications are confidential. Charging Policy: If your child forgets their lunch money, we will allow them to charge a lunch meal only. Breakfast cannot be charged. Water, milk or snack items cannot be charged. The charge limit is \$10.00. If your child has reached the charge limit and does not have money for lunch, they will receive a cheese sandwich meal. The cost of the meal is \$2.75 and will be charged to their account. All charges must be paid back. Lunch consists of 5 meal components: 1) meat/meat alternate 2) Whole Grains 3) Vegetables 4) Fruits 5) Milk. Your child may take all 5 components (one of which must be a fruit or a vegetable) Your child must take at least 3 components (one of which must be a fruit or a vegetable) If you have any questions, please call Linda Stanisci, Food Service Director at 203-924-1055 lstanisci@sheltonpublicschools.org