

SUMMER MENU

WEEK 1 => 6/1, 6/22, 7/13, 8/3, 8/24					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Stone Ground Whole Wheat Fig Bar Organic Milk	Multigrain Cheerios Organic Milk	Blueberry Muffins Organic Milk	Belgian Waffles Organic Milk	Cinnamon Raisin Bread Organic Milk
PM	Oatmeal Raisin Cookies	Granola bars (Oats' Honey)	Whole Grain Crackers with Cheese Slices	Bananas	Organic Strawberries
WEEK 2 => 6/8, 6/29, 7/20, 8/10, 8/31					
AM	Kashi Organic Whole Wheat Biscuits with Cinnamon Organic Milk	Cinnamon Raisin Bread Organic Milk	Rice Cakes Organic Milk	Nature Valley Whole Wheat Breakfast Biscuit Organic Milk	Whole Wheat Bread w/ Cream Cheese Organic Milk
PM	Tangerines	Baked Snapea Crisps	Cheezit	Sliced Organic Apples	String Cheese & Multi Grain Crackers
WEEK 3 => 6/15, 7/6, 7/27, 8/17					
AM	Banana Organic Milk	Chex Mix Organic Milk	Whole Grain Cheerios Organic Milk	Whole Wheat Bread w/ Fruit Spread Organic Milk	Unsweetened Apple Sauce Whole Grain Graham Crackers Organic Milk
PM	Whole Grain Crackers with Cheese Slices	Veggie Straws	Organic Greek Yogurt	Organic Strawberries	Bananas

The American Academy of Pediatrics recommends 6 ounces or less of juice per day; therefore YPW Spanish Immersion School only provides 2% organic milk and water to the children.

Fresh Fruit: Some fruit that we may purchase that are not organic would be fruits that have thick peel. Foods with a thick peel should have very little pesticides. Some of the fruits that may not be organic would be watermelon, bananas, cantaloupe and honey dew melons.

If your child has any **allergies**, please let your Director know immediately and please fill out an allergy form so we may offer your child a substitution. If you would like to provide your child with snacks from home or a sack lunch, please label foods from home with your child's name and do not send candy or soda as this will be sent back home with your child.

We focus on a healthy lifestyle and that starts with the foods we put into our bodies.