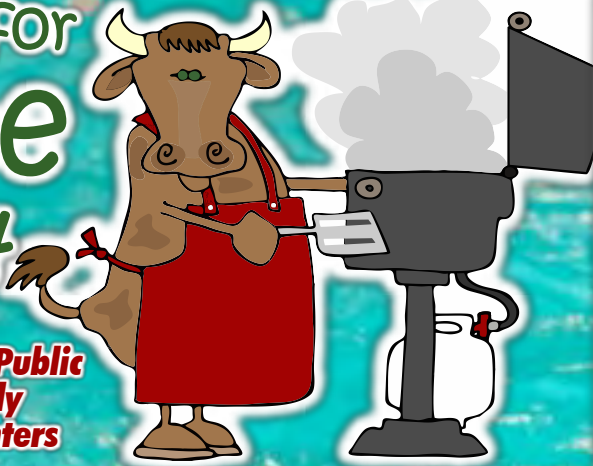


Menus for June 2024



Newport News Public Schools Early Childhood Centers

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

VITAMIN FACTORY.

D Your skin actually **MAKES** vitamin D for your body. In the summer, depending on how far north you are and how dark your skin is, just 5-30 minutes of sun exposure in a day enables your body to make enough vitamin D, but be very careful -- don't ever let your skin burn!

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



Can you take a yolk?



Eggs are a great source of high quality protein and nutrients. But which is correct to say: "The **YOLKS** of the eggs are white" or "The **YOLK** of the eggs are white"?

A: Neither is correct. Egg yolks are yellow!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

Breakfast
Asst. Mini Pancakes
Juice
Milk

Lunch
Hamburger/Cheeseburger on Bun
Green Peas
Fresh Fruit
Milk

Tuesday, June 4

Breakfast
Waffle Sandwich
Apple Slices
Milk

Lunch
Garlic French Bread
Baby Carrots
Strawberry cup
Milk

Wednesday, June 5

Breakfast
Waffle Envy
Cranraisins
Milk

Lunch
Spaghetti w/Meat Sauce
Green Beans
Fresh Fruit
Milk

Thursday, June 6

Breakfast
Chicken Biscuit
Apple Slices
Milk

Lunch
Breakfast for Lunch*
Hash Browns
Spiced Apples
Milk

Friday, June 7

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Pizza
Broccoli
Dole Fruit Cup

Monday, June 10

Breakfast
Banana Bread
Juice
Milk

Lunch
Beef Sliders
Mixed Vegetables
Fresh Fruit
Milk

Tuesday, June 11

Breakfast
Sausage on Bun
Apple Slices
Milk

Lunch
Pizza Quesadilla
Green Beans
Peach Cup
Milk

Wednesday, June 12

Breakfast
Asst. Mini Pancakes
Cranraisins
Milk

Lunch
Manager's Choice

Father's Day June 16

Hang out with Dad!

Available Daily

Nonfat White Milk
Low-fat Milk

***Menu item may contain pork**