



# BIRCH GROVE PRIMARY SCHOOL

This institution is an equal opportunity provider.

Thursday, June 1

Mini Corn Dog Nuggets  
Pepperoni or Cheese Pizza  
Baby Carrots

Friday, June 2

**FIELD DAY**

Chicken Tenders with a Breadstick  
Bagel, Egg & Sausage Breakfast Sandwich  
Sweet Peas

## AVAILABLE DAILY

Each meal includes an entrée with a whole grain, a choice of vegetables (students may select two), a variety of fruits and low-fat or fat-free milk (plain or flavored). Each child must select at least three of the five components including a fruit or vegetable to create a meal. Without a fruit or vegetable, a la carte prices must be charged for each item.

All Main Dish Grain Items Are Whole Grain Rich!

**LUNCH PRICE \$ 2.65**  
**ALA CARTE MILK .60**

Menus may change without notice

Monday, June 5

**MEATLESS MONDAY!**

Stuffed Crust Pizza  
SunButter & Jelly Sandwich  
Roasted Cauliflower

Tuesday, June 6

Chicken Nuggets with a Soft Pretzel  
Ham & Cheese Sandwich with fun-sized chips  
2-Bean Salad

Wednesday, June 7

Pasta & Meatballs with Cheesy Garlic Breadsticks  
Bagel & Yogurt Plate  
Broccoli Trees with dressing

Thursday, June 8

Mozzarella Sticks with Marinara Dipping Sauce  
Meatball Grinder  
Seasoned Carrots  
"Frozen" Graham Treat

Friday, June 9

Popcorn Chicken with a Soft Roll  
Grilled Cheese Sandwich  
Sweet Kernel Corn

## NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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

Monday, June 12

**MEATLESS MONDAY!**

Mozzarella Sticks with Marinara Dipping Sauce  
Hummus Plate with Veggies, Hard Boiled Egg and a Pretzel  
Steamed Spinach

Tuesday, June 13

Hot Dog on a Bun  
Yogurt & Cereal Plate  
Sweet Kernel Corn

Wednesday, June 14

Cheese Pizza  
Chicken Tender Wrap  
Celery Sticks

Thursday, June 15

Chicken Tenders with a Soft Roll  
Tuna Sandwich on a Goldfish Roll with goldfish pretzels  
Carrots

Friday, June 16

Last Day  
No Lunch Served

**SEE BACK FOR IMPORTANT INFORMATION ON FREE SUMMER MEAL PROGRAMS IN OUR AREA!**

sandwiches • salads • fruits • milk



# Free Summer Meals!

## Comidas de Verano Gratis!

**Kids and teens 18 and under**

**Niños y adolescentes de 18 años y menos**



FOR SITES NEAR YOU, CALL/LLAME **211**

TEXT **CTmeals** TO **877877**

**www.CTSummerMeals.org**

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