

Menus for June 2025

Snyder-Girotti
Elementary School
Breakfast Menu



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

NUTRITION *TOGO*

OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar.

A QUICK BITE FOR PARENTS



This summer, why not go to seed?!

Maybe the easiest edible plant that anyone can grow from seed (no matter where you live, or how much space you have, or how green your thumb might be) is a delicious, beautiful, and

aromatic culinary herb called basil. Buy a pack of sweet basil seeds, fill a big pot with some good soil, sprinkle the tiny seeds on top, cover with a half-inch or so of additional dirt, and keep moist for a week or two until the seedlings begin to poke up. Once they're an inch or two tall, you can pull up any that are too close together and stick them



wherever there's more room in the pot. In five weeks

or so, you'll have a great crop! If they start to flower, pinch the flowers off so the leaves keep growing. Pluck leaves at any time and layer them over sliced tomatoes with olive oil and mozzarella cheese for a great summer side dish!

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

Monday, June 2

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Tuesday, June 3

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Wednesday, June 4

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Thursday, June 5

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Friday, June 6

Early dismissal today!

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Monday, June 9

Early dismissal today!

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Tuesday, June 10

Early dismissal today!

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

Wednesday, June 11

Early dismissal today!

Cook's Choice
Assorted Hot and/or Cold Menu Items based on product availability

FUN IN THE SUN.



A single bad sunburn as a child or teen more than doubles a person's risk of skin cancer. Have fun in the sun, but if you're going to be out for more than 10 or 15 minutes, use sun screen. Every time!

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