

Breakfast Menu

July 2010

ECEC Childcare Programs

Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	<b>Menu is subject to change without notice.</b>  The USDA is an equal opportunity provider and employer.		Thursday, 7/1 Stuffed Superpretzel Fresh Fruit	Friday, 7/2 Blueberry Muffin Cheese Stick Apple Juice
Monday, 7/5	Tuesday, 7/6	Wednesday, 7/7	Thursday, 7/8	Friday, 7/9
<b>Independence Day!</b>	Cheese Crisp Orange Juice	Mini Sandwich Banana	French Toast Sticks Hot Fruit Dip	Cream of Wheat Cheese Stick Strawberries
Monday, 7/12	Tuesday, 7/13	Wednesday, 7/14	Thursday, 7/15	Friday, 7/16
Cheerios Hardboiled Egg Orange-PA Juice	Breakfast Casserole Melon Fruit Cup	Waffle Sticks w/ Syrup Peaches	Fruit Yogurt Rice Krispies Mand. Oranges	Oatmeal Turkey Sausage Grape Juice
Monday, 7/19	Tuesday, 7/20	Wednesday, 7/21	Thursday, 7/22	Friday, 7/23
Corn Flakes Mini Muffin Grape Juice	Egg & Cheese Burrito Pineapple	Banana PB Bread Cheese Stick Apple Juice	Pancake w/ Syrup Ham Slice Mixed Fruit	Malt O Meal Cinnamon Coffeecake Orange Juice
Monday, 7/26	Tuesday, 7/27	Wednesday, 7/28	Thursday, 7/29	Friday, 7/30
Breakfast Bagel Melon Slices	Scrambled Egg Tortilla Mixed Fruit Juice	French Toast Sticks w/ Vanilla Yogurt Dip Peaches	Wheaties Breakfast Bar Grape Juice	“Make your Own” Yogurt Parfait Strawberries

Call any of our managers: Roxann Grey at SRHS—480-362-2077; Joni Andreas at ECEC/SRES—480-362-2448 or 480-362-2242 , if you have questions or concerns. **All meals are served with a variety of milks.**

**It will be “back to school” time before you know it!**

To prepare your kids for the first day back at school, practice the following healthy tips:

- Have the kids get back on a regular sleep schedule at least a week before school starts. Most kids need between 10 and 12 hours sleep per night!
- Be sure your kids either have breakfast at home every day or plan on them having breakfast at school. One breakfast is enough to get their brains going.
- Provide a variety of foods at mealtimes, but limit the amount of sugary and salty items to provide more physical energy and help control weight.
- Encourage your kids to try new things—foods, exercise, games---and be comfortable meeting new people at school.
- Develop good personal hygiene habits—washing hands, brushing your teeth, watching where your cough, checking for lice.....

School nurses and teachers can answer many questions about children’s needs. Just ask.....

## Lunch Menu

July 2010

## ECEC Childcare Programs

			Thursday, 7/1	Friday, 7/2
Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	<b>Menu is subject to change without notice.</b>  The USDA is an equal opportunity provider and employer		Roast Beef w/ Mushroom Gravy Mashed Potatoes Wheat Roll Mixed Fruit Cup	Turkey Sandwich Carrot Sticks Apple Wedges
Monday, 7/5	Tuesday, 7/6	Wednesday, 7/7	Thursday, 7/8	Friday, 7/9
<b>SRPMIC Workers Celebrate the 4<sup>th</sup> of July Today!</b>	Sloppy Joe Tator Tots Banana	Chicken Salad w/ Wheat Crackers Peas & Carrots Rosy Applesauce	Bean Burrito Mexicorn Melon in Season	Cheese Pizza Veggie Dippers Pears
Monday, 7/12	Tuesday, 7/13	Wednesday, 7/14	Thursday, 7/15	Friday, 7/16
Pork Choppette w/ Dinner Roll Baked Beans Mandarin Oranges	Ravioli Green Beans Breadstick Peaches w/ Craisins	Pita Sandwich Bell Pepper Strips Cantaloupe Slice	Sweet N Sour Meatballs Rice Oriental Veggies Pineapple Tidbits	Chicken Breast w/ Gravy Corn Muffin Coleslaw Berries
Monday, 7/19	Tuesday, 7/20	Wednesday, 7/21	Thursday, 7/22	Friday, 7/23
Cheeseburger w/ Lettuce / Tomato Oven Fries Banana	Pork Ribbette Scalloped Potatoes Dinner Roll Fruity Gelatin	Baked Chicken Noodles Tossed Salad Grapes	Ham & Cheese Sub Carrot/Celery Sticks Honeydew Slice	Spaghetti Broccoli Dippers Garlic Bread Peaches
Monday, 7/26	Tuesday, 7/27	Wednesday, 7/28	Thursday, 7/29	Friday, 7/30
Chicken Sandwich w/ Honey Mustard Sauce Potato Salad Fresh Pear	Cheese Pizza Mixed Veggie Salad Grapes	Bean Nachos Corn Spiced Applesauce	Meatloaf Macaroni Salad Glazed Carrots Melon Fruit Cup	Picnic Lunch (cheese cubes & fruit bread) Veggie Dippers Fresh Fruit <b>(ECEC only today).</b>

Call any of our managers: Roxann Grey at SRHS—480-362-2077; Joni Andreas at ECEC/SRES—480-362-2448 or 480-362-2242, if you have questions or concerns.

**All meals are served with a variety of milks.**

It's time to remind everyone that the regular school year will start on Tuesday, August 10, 2010. Families with children attending school at ECEC only will not need to complete the annual "free meal application" which will be available at ECEC, SRES and SRHS after July 12, 2010.

For parents with children attending ECEC and SRES and/or SRHS, we do need the meal application to be completed including the names and income of all family members. Even though **we do not charge for meals served to our students**, completing meal applications helps us pay for the food and supplies used in feeding breakfasts, lunches, and snacks.

When parents complete an application for us, we make sure the kids are all in the right category. Then, we send our category counts and number of meals served (**no names and no income information are shared**) to the Arizona Department of Education for payment.

Our category counts are used to apply for all kinds of education and equipment grants. It sounds a little confusing, but the department secretary, Naomi Manuel, can answer any questions you have. She can be reached at 480-362-2449. **Once you fill out the application, it is treated as a "confidential" record.**

Snack Menu

July 2010

ECEC Childcare Programs

			Thursday, 7/1	Friday, 7/2
<b>Menu is subject to change without notice.</b> The USDA is an equal opportunity provider and employer.	Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.		Wheat Crackers Bean Dip	½ Meat Sandwich
Monday, 7/5	Tuesday, 7/6	Wednesday, 7/7	Thursday, 7/8	Friday, 7/9
<b>Celebrate Independence Day for the 2<sup>nd</sup> time! Fireworks and Fun!</b>	Potato Salad Cheese Square	Pretzel Bites Applesauce Dip	Mini Muffin Grape Juice	Cheese Slice Wheat Roll
Monday, 7/12	Tuesday, 7/13	Wednesday, 7/14	Thursday, 7/15	Friday, 7/16
Cheese Crackers Milk	<b>ECEC Birthday Party</b> <u>Sugar Cookie!</u>	Fruit & Rice Salad	Turkey Slice & Dinner Roll	Salad of the Day Wheat Crackers
Monday, 7/19	Tuesday, 7/20	Wednesday, 7/21	Thursday, 7/22	Friday, 7/23
Yogurt Dip Jicama Sticks	Homemade Trail Mix Orange Wedges	Extreme Fruit Bites Hardboiled Egg	Cheese Strips Veggies w/ Dip	Animal Crackers Cinnamon Applesauce
Monday, 7/26	Tuesday, 7/27	Wednesday, 7/28	Thursday, 7/29	Friday, 7/30
Ritz Bits Orange Juice	Special K Bar Fruit Cocktail	Graham Crackers Milk	Applesauce Mini Muffin	Fruit Roll Up Cheese Slice

Call any of our managers: Roxann Grey at SRHS—480-362-2077; Joni Andreas at ECEC/SRES—480-362-2448 or 480-362-2242, if you have questions or concerns. **Snack menus are modified as necessary for the age groups served.**

**MAKE A DIFFERENCE!  
CHOOSE HEALTHY HABITS FOR A BRIGHTER  
FUTURE FOR ALL!**

**REZ FX---YOUR SCHOOL WELLNESS  
POLICY!**

**FOR MORE INFORMATION, CONTACT FOOD SERVICE OR YOUR  
SCHOOL NURSE.**