

Breakfast Menu
Summer Food Program

July 2010

SRES & SRHS 7:30 - 8:30 a.m.
ECEC Begins 7/19 8:00- 9:00 a.m.

SRES Ends on 7/15

Open to all age 18 and under

| | | | Thursday, 7/1 | Friday, 7/2 |
|---|---|---|--|------------------------|
| Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer. | | Stuffed Superpretzel Fresh Fruit | NO SUMMER MEALS SERVED |
| Monday, 7/5 | Tuesday, 7/6 | Wednesday, 7/7 | Thursday, 7/8 | Friday, 7/9 |
| Independence Day! | Cheese Crisp Orange Juice | Mini Sandwich Banana | Breakfast on a Stick Pears | NO SUMMER MEALS SERVED |
| 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/ PB/Syrup Dip Peaches | Fruit Yogurt Rice Krispies Mand. Oranges SRES Summer Program Ends. | NO SUMMER MEALS SERVED |
| Monday, 7/19 | Tuesday, 7/20 | Wednesday, 7/21 | Thursday, 7/22 | Friday, 7/23 |
| Corn Flakes Mini Muffin Grape Juice ECEC Summer Program Begins. | Egg & Cheese Burrito Pineapple | Banana PB Bread Cheese Stick Apple Juice | Pancake w/ Syrup Ham Slice Mixed Fruit | NO SUMMER MEALS SERVED |
| Monday, 7/26 | Tuesday, 7/27 | Wednesday, 7/28 | Thursday, 7/29 | Friday, 7/30 |
| Breakfast Bagel Melon Slices | Scrambled Egg Tortilla Mixed Fruit Jc. | French Toast Sticks w/ Vanilla Yogurt Dip Peaches | Wheaties Breakfast Bar Grape Juice Last Day for Summer Feeding. | NO SUMMER MEALS SERVED |

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!

- 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
Summer Food Program
SRES ends on 7/15

July 2010

ECEC Begins on 7/19

SRES---11:30 a.m. – 1:00 p.m.
SRHS---11:00 a.m. – 1:00 p.m.
ECEC---11:00 a.m. – 1:00 p.m.
Open to all age 18 and under

| | | | Thursday, 7/1 | Friday, 7/2 |
|---|--|---|---|--|
| Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer | | Roast Beef w/ Mushroom Gravy Mashed Potatoes Wheat Roll Mixed Fruit Cup | NO SUMMER MEALS SERVED |
| Monday, 7/5 | Tuesday, 7/6 | Wednesday, 7/7 | Thursday, 7/8 | Friday, 7/9 |
| SRPMIC Workers Celebrate the 4th of July Today! | Sloppy Joe Tator Tots Banana | Chicken Salad w/ Wheat Crackers Peas & Carrots Rosy Applesauce | Bean Burrito Mexicorn Melon in Season | NO SUMMER MEALS SERVED |
| Monday, 7/12 | Tuesday, 7/13 | Wednesday, 7/14 | Thursday, 7/15 | Friday, 7/16 |
| Corn Dog 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 | NO SUMMER MEALS SERVED |
| 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 | NO SUMMER MEALS SERVED |
| Monday, 7/26 | Tuesday, 7/27 | Wednesday, 7/28 | Thursday, 7/29 | |
| 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 (Last day for Summer Food Programs) | SRPMIC Schools Start on August 10, 2010. We'll see you there! |

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 SRPMIC 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.

Even though **SRPMIC Schools do not charge for meals served to our students**, completing meal applications helps us pay for the food and supplies used in serving breakfasts, lunches, and snacks.

All family members and income for each person should be included on the meal application for us to determine the correct category for the child. **When you fill out the meal application, it is treated as a "confidential" record.**