

Stay Hydrated

Drink 7 to 9 cups of water per day!

Drink more water if:

- it is hot outside
- you play a sport
- you feel thirsty
- you feel dizzy
- your pee is yellow



To learn more, visit: PUSD Child Nutrition Services Website.

May Supper Calendar

All meals come with fruit, veggies and 1% white milk.

Grahams + 2-Cheese Sticks

WG Chocolate Elf

Tuesday

Snack Pack

(Sunbutter cup, Yogurt Cup, WG Goldfish Pretzels)

Wednesday

5 WG Bosco Stick

Yogurt Cup

Thursday

WG Crackers

Edamame Pack

WG Crispy Fish Sticks



10

Breakfast Pack

(WG Cinnamon Toast Crunch Cereal Bowl + 2-Cheese Sticks)

Snack Pack

(Sunbutter cup, Cheese Stick, WG Goldfish Pretzel) 12

Crispy Breaded Chicken Leg + Potato Wedges 13

WG Cheese Enchilada

14

7

WG Stuffed
Pepperoni Sandwich

Friday

17

WG Chocolate Elf Grahams + 2-Cheese Sticks 18

11

Snack Pack

(Sunbutter cup, Yogurt Cup, WG Goldfish Pretzels) 19

WG Bosco Stick

Yogurt Cup

20

WG Crackers +

Edamame Pack

21

WG Crispy Fish Sticks

24

Breakfast Pack

(WG Cinnamon Toast Crunch Cereal Bowl + 2-Cheese Sticks) **25**

Snack Pack

(Sunbutter cup, Cheese Stick, WG Goldfish Pretzel) **26**

Crispy Breaded Chicken Leg + Potato Wedges **27**

WG Cheese Enchilada

28

WG Stuffed Pepperoni Sandwich

Summer Break

