



BREAKFAST MENU



1st Week

Tuesday

Tuesday's meals include the items listed below

Entrees

Mini Cinnamon Rolls
Pan Dulce

Beverages

Milk (2)

Fruit

Banana
Grapes

Thursday

Thursday's meals include the items listed below

Entrees

Banana Muffin
Mini Bagel w/
strawberry cream cheese
Yogurt
Belly Bear Crackers

Beverages

Milk (3)

Fruit

Kiwi
Apple
Pear

SLEEP RECOMMENDATIONS BY AGE

Infants 4-12 mo: 12-16 hours

Children 1-2: 11-14 hours

Children 3-5: 10-13 hours

Children 6-12: 6-12 hours

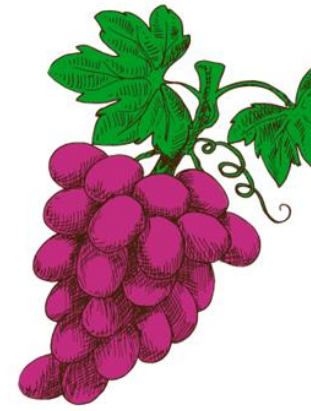
Teenagers 13-18: 8-10 hours

Source: American Academy of Pediatrics



This institution is an equal opportunity provider.
Menu is subject to change.





LUNCH MENU

1st Week

Tuesday

Tuesday's meals include the items listed below

Entrees

Pepperoni Pizza
Peanut Butter &
Jelly Sandwich w/
Doritos

Fruit

Frozen Cherry Cup
Apple Slices

Veggies

Veggie Bag
(Broccoli, Celery,
Carrots)
Baby Carrots

Thursday

Thursday's meals include the items listed below

Entrees

Burrito Bowl
Chicken Strips w/roll
Beef Chimichanga

Fruit

Diced Peaches
Applesauce
Strawberry Cup

Veggies

Veggie Bags
(Broccoli, Celery, Carrots)
Jicama Sticks w/tajin
Corn

IMMUNE-BOOSTING TIPS

- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based



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