

All Kids Eat Free!

No paperwork necessary
must be 18 or under



Monday - Friday,
8:00 am - 1:00 pm

Please call 423-434-5228
for more information.

EAT BETTER

Try lots of different fruits, veggies, whole grains, and protein options for a healthy diet. You're bound to find a few you really like!

BANANA SLICES

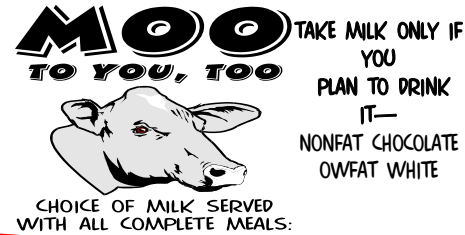
Banana slices are your BFF before any cardio workout!
Banana raises your potassium, which is depleted when you sweat.



Pair the banana with wheat toast for a mix of complex and simple carbs to power your whole workout!

PLAY HARDER

Exercise is a natural way to boost mood and encourage positive feelings. Exercise triggers the brain to release "endorphins," which help create positive feelings of clarity and well-being. Best of all, research shows that just 20 minutes of exercise a day can power these feelings of happiness!



Friday, June 1

Breakfast Break
Fruit, Juice, Milk

Turkey and Cheese Munch-able
Baby Carrots, Juice
Sliced Apples
Milk
Mini Rice Krispie Treat

SuperKids Snack
Orange Wedges, Popcorn,
Water

Monday, June 4

Breakfast Break
Fruit, Juice, Milk

Bacon Cheeseburger on Bun, trimmings
Corn
Baked Beans
Fruit
Milk

SuperKids Snack
Sorbet, Graham Crackers, Water

Tuesday, June 5

Breakfast Break
Fruit, Juice, Milk

Combo Sub w trimmings
Baked Lays
Baby Carrots/Dip
OJ
Milk

SuperKids Snack
Cheese Stick, Apple Wedges, Water

Wednesday, June 6

Breakfast Choices
Fruit, Juice, Milk

BBQ on Bun
Slaw
Sweet Potato Fries
Cooked Apples
Milk

SuperKids Snack
PBJ Wafer, Water

Thursday, June 7

Breakfast Choices
Fruit, Juice, Milk

Turkey/Cheese Slider
Trimmings
Doritos, Salsa
OJ
Milk
Cool Brownie

SuperKids Snack
Yogurt Parfait, Water

Friday, June 8

Breakfast Choices
Fruit, Juice, Milk

Snack Lunch Pack
(TurkeyStick/Cheese Stick)
Crackers
Baby Carrots, Dip
Juice
Fruit Cup
Milk

SuperKids Snack
Banana Pudding,
Water

Monday, June 11

Breakfast Choices
Fruit, Juice, Milk

Hot Dog on Bun, trimmings
Slaw, Corn
Baked Beans
Cooked Apples
Milk
Cookie

SuperKids Snack
Fresh Pear, Water

Tuesday, June 12

Breakfast Choices
Fruit, Juice, Milk

Turkey /Cheese Slider
Pretzels
Hummus
Celery Sticks
OJ
Milk

SuperKids Snack
Chex Mix, Apples,
Water

Wednesday, June 13

Breakfast Choices
Fruit, Juice, Milk

Grilled BBQ/Bacon
Chicken Sandwich
Sweet Potato Fries
Juice
Fresh Fruit Salad
Milk

SuperKids Snack
Banana Bread, Water

Thursday, June 14

Breakfast Choices
Fruit, Juice, Milk

Combo/Cheese
Mini-Sub,
Doritos, Salsa
Juice
Fruit Cup
Milk

SuperKids Snack
Grahams, Cheese
Stick, Water

Friday, June 15

Breakfast Choices
Fruit, Juice, Milk

Snack Lunch Pack
(TurkeyStick/Cheese Stick)
Crackers
Baby Carrots, Dip
Apple Wedges
Juice
Milk

SuperKids Snack
Rice Krispy Treat,
Water