

SUMMER MEALS! ALL KIDS EAT FREE!

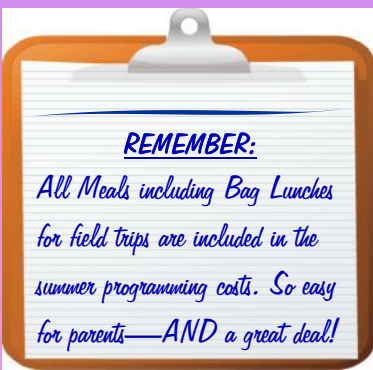
No paperwork necessary.
Must be 18 or under for
free meals.

MOO
TO YOU, TOO



CHOICE OF MILK SERVED
 WITH ALL COMPLETE MEALS.

TAKE MILK ONLY IF
 YOU
 PLAN TO DRINK IT—
 NONFAT CHOCOLATE



Make MyTray Healthy!
 All School Meal Customers Must Choose:
1 Juicy Fruit OR
1 Colorful Vegetable
& 2-4 Additional Different
Food Group Choices

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!

LEARN EASIER

A positive, happy mood also makes it easier for us to learn – especially in learning situations that require flexibility and creativity, like learning a rule in math class and then applying the rule to new sets of information.



Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
<p>Morning Nutrition Breakfast Break Fruit, Juice, Milk</p> <p>Lunch Bacon Cheeseburger, trimmings Sweet Potato Fries Orange Juice Milk, Cookie</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch Combo Sub w trimmings Chips Veggies/Dip Fruit Milk</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch BBQ Rib on Bun Corn Baked Beans Orange Juice Milk</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Munchable Lunch Turkey/Cheese Flat Bread Baby Carrots, Juice Sliced Apples Milk Mini Rice Krispie</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Grab & Go Lunch Turkey Stick/Cheese Stick Yogurt Sweet Crackers Potato Salad, Juice Fruit Cup Milk</p>
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch Breaded Chicken Sandwich, trimmings Green Beans Fruit Salad Milk</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Munchable Lunch Pepperoni, Cheese Flat Bread Marinara Juice Fruit Milk, Treat</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch Hot Dog on Bun, Trimmings French Fries Baked Beans OJ Milk</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch Turkey Stick/Cheese Stick Sweet Crackers, Juice Veggies/Hummus Fruit Cup Milk</p>	<p>Morning Nutrition Grab & Go Choices Fruit, Juice, Milk</p> <p>Lunch Combo Slider Chips, Salsa Carrots, Dip OJ Milk Dessert</p>

Johnson City School Food Service Summer Feeding Program

This institution is an equal opportunity provider.

Please call 423-44-5228 for more info or go to:
http://www.schoolmenus.org/Johnson_City.htm