



Johnson City Schools Summer Feeding Program

<p>Monday, June 21</p> <p>Breakfast Muffin Cereal Juice Milk</p> <p>Lunch Mac and Cheese Ham Biscuit Cooked Apples Juice Milk</p> <p>Super Kids Snack String Cheese, Crackers, Water</p>	<p>Tuesday, June 22</p> <p>Breakfast Yogurt Cereal Juice Milk</p> <p>Lunch PBJ Sandwich String Cheese Peaches Juice Milk</p> <p>Super Kids Snack Turkey/Cheese mini, Water</p>	<p>Wed., June 23</p> <p>Breakfast Egg/Cheese Muffin Cereal Juice Milk</p> <p>Lunch Breaded Chicken WW Roll Mashed Potatoes Glazed Carrots Milk</p> <p>Super Kids Snack CCP Cereal Bar, Water</p>	<p>Thursday, June 24</p> <p>Breakfast PBJ Sandwich Cereal Juice Milk</p> <p>Lunch Chicken-Broccoli Pasta WW Roll Tossed Salad Fruited Jello Milk, Cookie</p> <p>Super Kids Snack PB, Crackers, Water</p>	<p>Friday, June 25</p> <p>Breakfast Graham Snack OR FRENCH TOAST STX Cereal Juice Milk</p> <p>Lunch Beef and Cheese Fajita Rice and Beans Corn Orange Wedges Milk, Rice Krispie Treat</p> <p>Super Kids Snack Cheese Portion, Apple Wedges, Water</p>
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We're here to serve you and your family delicious breakfast and lunch through July 23! Convenient, economical, healthy meals every summer weekday!

All Kids Eat Free!

No paperwork necessary must be 18 or under

Adults:
\$1.75 Breakfast
\$3.25 Lunch

Monday - Friday

Please call 423-434-5228 for more info

<p>Monday, June 28</p> <p>Breakfast Muffin Cereal Juice Milk</p> <p>Lunch BBQ Pork Sandwich Baked Beans Cooked Apples Juice Milk</p> <p>Super Kids Snack Cereal Treat, Water</p>	<p>Tuesday, June 29</p> <p>Breakfast PBJ Sandwich Cereal Juice Milk</p> <p>Lunch Deli Turkey Wrap Chips Carrots/Dip Peaches Milk</p> <p>Super Kids Snack Poptart, Orange Wedges (2) Water</p>	<p>Wed., June 30</p> <p>Breakfast Yogurt Cereal Juice Milk</p> <p>Lunch Taco Salad Beans and Rice Corn Orange Wedges Milk</p> <p>Super Kids Snack Cheese Portion, Apple Wedges, Water</p>	<p>Thursday, July 1</p> <p>Breakfast Cinnamon Raisin Toast Cereal Juice Milk</p> <p>Lunch Pasta with Meat Sauce WW Roll Tossed Salad Grapes Milk</p> <p>Super Kids Snack Turkey/cheese mini, Water</p>	<p>Friday, July 2</p> <p>Breakfast Cereal Bar Cereal Juice Milk</p> <p>Lunch Pizza-MTV On-site ONLY Philly Steak and Cheese Pretzels Fruited Jello Apples Wedges Milk, Dessert</p> <p>Super Kids Snack CCP Cereal Bar, Water</p>
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<p>Monday, July 5</p>	<p>Tuesday, July 6</p> <p>Breakfast Breakfast Breaks Cereal Milk</p> <p>Lunch Turkey Cheese mini Yogurt Veggies/Dip Peach Cup Milk</p>	<p>Wed., July 7</p> <p>Breakfast Poptart Cereal Juice Milk</p> <p>Lunch Breaded Chicken WW Roll Mashed Potatoes Glazed Carrots Milk</p>	<p>Thursday, July 8</p> <p>Breakfast Cereal Bar Cereal Juice Milk</p> <p>Lunch Pork BBQ Sandwich Potato Rounds Orange Wedges Milk</p>	<p>Friday, July 9</p> <p>Breakfast Cinnamon Raisin Biscuit Cereal Juice Milk</p> <p>Lunch Chicken Salad Sandwich Chips Carrots/Dip Apple Wedges Milk</p>
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IN THE SWIM.

Have fun around the water this summer, but please BE SAFE. Every year, about 4,000 Americans drown, many of them kids.

Kids under 14 are more likely to drown in a swimming pool, while teens 15 and older are more likely to drown while swimming in a river, lake, or ocean. Know your ability and your limitations. And don't swim alone.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want sweetness without the side effects? Get your sugar the natural way - from fresh fruit.

Monday, July 12

Breakfast
Yogurt
Cereal
Juice Milk

Lunch
Mac and Cheese
Corn Dog Nuggets
Applesauce
Juice
Milk

Tuesday, July 13

Breakfast
Muffin
Cereal
Juice Milk

Lunch
Teriyaki Beef/Noodles
Eggroll
Broccoli
Fruited Jello
Milk

Wed., July 14

Breakfast
French Toast, syrup
Cereal
Juice Milk

Lunch
Taco Salad
Beans and Rice
Corn
Orange Wedges
Milk

Thursday, July 15

Breakfast
Cereal Bar
Cereal
Juice Milk

Lunch
PBJ Sandwich
String Cheese
Apple Wedges
Juice
Milk, Cookie

Friday, July 16

Breakfast
Cinnamon Roll
Cereal
Juice Milk

Lunch
Deli Turkey Wrap
Chips
Carrots/Dip
Peaches
Milk

Monday, July 19

Breakfast
Yogurt
Cereal
Juice Milk

Lunch
Grilled Chicken Patty
Corn Cobbette
Peaches
Milk

Tuesday, July 20

Breakfast
Egg/Ham/Cheese Casserole
Cereal
Juice Milk

Lunch
Pinto Beans
Hushpuppies
Slaw
Cooked Apples
Milk, Banana Pudding

Wed., July 21

Breakfast
Muffin
Cereal
Juice Milk

Lunch
Chicken-Cheese Fajita
Beans and Rice
Tossed Salad
Orange Wedges
Milk

Thursday, July 22

Breakfast
PBJ Sandwich
Cereal
Juice Milk

Lunch
Cold Cut Sub
Trimings
Pasta Salad
Apple Wedges
Milk

Friday, July 23

Breakfast
Manager's Choice
Cereal
Juice Milk

Lunch
Sloppy Joes on Bun
Potato Rounds
Juice
Milk, Dessert

EXTRA! Lunch Page News
Thanks for eating with us!

We are glad that you chose to eat healthy and convenient lunches with us this summer. We look forward to seeing you when school starts again in August. Enjoy the rest of your summer break!

Your School Nutrition Staff

July 2010 Edition

LEARN MORE AT WWW.KIDTHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTM