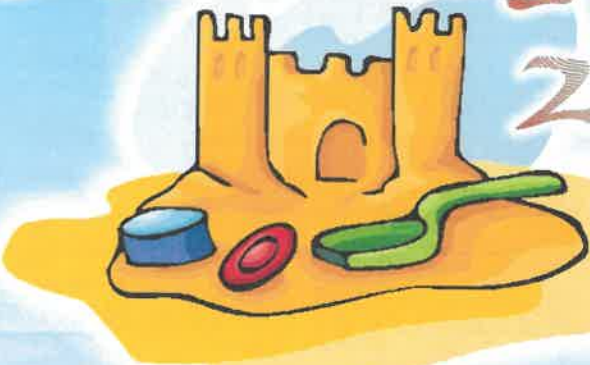


Menus for June 2022



Ganado Unified School District # 20

This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, June 1

Breakfast

Hot OR Cold Cereal
WG Toast, Asst. Juice,
Fruit, Assorted Milk

Lunch

Choice of Pizza
Romaine Salad
Ranch Dressing
Celery Sticks
Fresh Fruit
Choice of Milk

Thursday, June 2

Breakfast

Brown Rice, Scramble
Eggs, Fresh Apple,
Assorted Milk

Lunch

Chili Mac
Cooked Carrots
Green Beans
WG Dinner Roll
Fresh Fruit
Choice of Milk

Friday, June 3

Breakfast

Blueberry Muffin,
Yogurt, Assorted Juice,
Orange,
Assorted Milk

Lunch

Turkey Deli
Sandwich
Green Leaf, Tomato
Asst. Chips
Fruit
Choice of Milk

All KIDS EAT FREE 18 YEARS AND YOUNG

Breakfast & Lunch
7:30-8:30 AM
11:00-12:30pm
Location:
Primary School
High School

LUNCH ONLY:
(High School Cafeteria Patio)
CHAPTER HOUSE:
Cornfields
Steamboat
Local:
ADOT Parking

(Reposted: 6/3/2022)

"PARENTS CAN PICKUP MEALS FOR KIDS"

RESPECT THE HEAT.



When you're outside playing hard this summer, remember to prepare for the heat. Drink plenty of water before, during, and after vigorous summer exercise. If you wait until you feel thirsty to drink, you've waited too long!

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

Monday, June 6

Breakfast

Hot Cereal, WG Toast w/Jelly, Sliced Pears, Choice of Milk

Lunch

Hotdog on a Bun
Vegetarian Beans
Celery Sticks w/ Dressing
Fruit Mix
Choice of Milk

Tuesday, June 7

Breakfast

Pancake, Syrup, Sausage Patty, Asst. Juice, Fruit, Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Black Beans
Fresh Apple
Choice of Milk

Wednesday, June 8

Breakfast

Breakfast Pizza
Cheese Sticks, Fruit, Choice of Milk

Lunch

Grilled Chicken Sandwich
Gr. Leaf, Tomato
French Fries
Fresh Fruit
Choice of Milk

Thursday, June 9

Breakfast

WG Biscuits, Country Gravy, Asst. Juice, Banana, Choice of Milk

Lunch

Ham Deli Sandwich
Green Leaf, Tomato
Carrot Sticks
Asst. Chips
Fresh Fruit
Choice of Milk

Word of the Month

cit·i·zen·ship

n. 1. the state of being vested with the rights, privileges, and duties of a citizen. 2. the character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen.

Monday, June 13

Breakfast

Breakfast Muffin, Asst. Yogurt, Diced Peaches, Banana, Choice of Milk

Lunch

Spaghetti w/ Meat Sauce
Romaine Salad
Ranch Dressing
Blueberries
Choice of Milk

Tuesday, June 14

Breakfast

PB & Jelly Sandwich, Asst. Juice, Diced Peaches, Assorted Milk

Lunch

Chicken Nuggets
BBQ Sauce
WG Lunch Roll
Mixed Vegetables
Fresh Apple
Choice of Milk

Wednesday, June 15

Breakfast

Breakfast Pizza, Asst. Juice, Fresh Apple, Choice of Milk

Lunch

Bean Burrito
Spanish Rice
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk

Thursday, June 16

Breakfast

WG Bagel, Cream Cheese, Asst.. Juice, Orange, Assorted Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Mexicali Corn
Fresh Apple
Choice of Milk



What do sunshine, salmon, and milk have in common?



As different as these things might seem, they are all sources of vitamin D! When you're exposed to sunlight, your skin makes vitamin D. The vitamin also occurs naturally in fatty fish like salmon, and we also get it from foods like milk that are fortified with vitamin D. Vitamin D from all these sources helps keep our bones and immune systems strong, and may even help fight disease ranging from the flu to cancer!

BACK TO THE FUTURE

Next year, our School Meals program may be headed back to pre-pandemic days. We may again be asking families that could qualify for free and reduced-price meals to apply (you'll be able to do that on our website, and in other ways), while other students will pay for meals. We'll keep our families posted as the details are finalized this summer. Meanwhile, feel free to email YOURNAME@ourschooldistrict.com or call XXX-XXX-XXXX with any questions. We hope you have a great summer!

School Meals
We serve education every day!

NUTS



The ferocious grizzly bear doesn't usually hunt and eat red squirrels – but it stalks them all the time. You see, the squirrels collect whitebark pine nuts, and the bears spend a lot of time trying to figure out where the squirrels stashed the nuts. Why? Grizzly bears eat up to 35,000 calories a day before hibernation, and whitebark pine nuts are a high-fat, high-energy food. The grizzlies eat the nuts voraciously to get ready for winter.

ANIMAL APPETITES

Monday, June 20	Tuesday, June 21	Wednesday, June 22	Thursday, June 23
<p>Breakfast Breakfast Burrito, Salsa, Applesauce, Orange, Choice of Milk</p> <p>Lunch Pork Pozole WG Fry Bread Romaine Salad Ranch Dressing Fresh Apple Choice of Milk</p>	<p>Breakfast Corn Mush, Sausage Patty, Asst. Juice, Apple slices, PB, Choice of Milk</p> <p>Lunch Ham n Cheese Sub Green Leaf, Tomato Carrot Sticks Pasta Salad Fresh Apple Choice of Milk</p>	<p>Breakfast & Lunch</p> <p>COOK'S CHOICE</p>	<p>Breakfast & Lunch</p> <p>COOK'S CHOICE</p>



SFSP & SSO

Will Begin: June 01-23, 2022
Any questions please call:
Food Service Office: 928.755.1158
Primary School: 928.755.1238
High School: 928.755.1538

ENJOY YOUR SUMMER!

Thanks For Your Business This Year.

We'll Be Here Waiting For You When You Get Back!