

June 2024
ECE Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

3

- Strawberry Yogurt w/ Graham Crackers
- Orange Wedges

4

- Egg & Potato Breakfast Burrito
- Fresh Tangerine

5

- Oatmeal Raisin Breakfast Round
- Applesauce

6

- Plain Bagel w/ Cream Cheese
- Banana

7

- Strawberry Oatmeal
- Strawberry Cup

10

- Cheesy Scrambled Eggs w/ Toast
- Diced Pears

11

- Oatmeal Breakfast Round
- Strawberry Cup

12

- Strawberry Yogurt w/ Graham Crackers
- Orange Wedges

13

- Whole Grain French Toast Sticks w/ Warm Syrup
- Baked Cinnamon Apples

14

- Apple Cinnamon Muffin w/ String Cheese
- Fresh Banana

17

- Whole Grain Bagel w/ Cream Cheese
- Mixed Fruit Salad

18

NO SCHOOL

19

SUMMER

20

BREAK

21

NO SCHOOL

For an interactive menu a nutrient information, please visit us on dcps.nutrislice.com

Offered Daily:
Skim or 1% Milk

Assorted Cereals:
Cheerios, Rice Chex, Cinnamon Chex

VE – Vegan
V- Vegetarian
Local

All Grains are whole grain rich

June 2024
ECE Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

3

- Beef & Cheese Nachos
- Bean & Cheese Burrito **V**
- Mexican Black Beans
- Apple Slices

4

- Chicken Nuggets
- Sunbutter & Jelly Sandwich **VE**
- Tater Tots
- Frozen Blueberries

5

- Turkey & Cheese Sandwich
- Cheese-filled Breadstick w/ Marinara Sauce **V**
- Roasted Broccoli
- Banana

6

- Chili con Carne w/ Breadstick
- Caprese Grilled Cheese Sandwich **V**
- Crinkle Cut Fries
- Mandarin Oranges

7

- Chick Salad Sandwich
- Broccoli & Cheese Baked Potato **V**
- Blue Ribbon Coleslaw
- Applesauce

10

- Parmesan Chicken Cheese Pizza **V**
- Roasted Cauliflower
- Orange Slices

11

- Taco Quesadilla
- Cheese Quesadilla **V**
- Roasted Broccoli
- Canned Pears

12

- Roast Turkey w/ Gravy & Dinner Roll
- Bean & Cheese Enchiladas **V**
- Red Pepper Strips
- Frozen Blueberries

13

- Tuna Salad Sandwich
- Fiesta Potato Breakfast Bowl w/ Biscuit **V**
- Roasted Carrots
- Mandarin Oranges

14

- Beefy Mac & Cheese **V**
- Stuffed Shells **V**
- Green Peas
- Apple Slices

17

- Deli Bento Box
- Veggie Burger **V**
- Sweet Potato Fries
- Apple Slices

18

NO SCHOOL

19

SUMMER

20

BREAK

21

NO SCHOOL

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Students choice:
Skim or 1% hormone free milk

VE – Vegan
V- Vegetarian
Local

All Grains are whole grain rich

Hot Weather & Hydration

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

1. Children do not tolerate temperature extremes well.
2. Children sweat less.
3. Children get hotter during exercise.
4. Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water.

Try including more hydrating fruits and vegetables during hotter days like watermelon, cantaloupe, grapes, oranges, cucumbers, celery, tomatoes, or zucchini.

Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from an electrolyte drink to help replace lost minerals, specifically sodium and calories. For an at home fix, try a pickle paired with fruit or juice and water.

Super Bite of the Month Recipe: Watermelon Salsa

(Serves 6)

- 2 cup watermelon- medium diced
 - 1 cup Cucumber- medium diced
 - $\frac{3}{4}$ cup Pineapple- medium diced
 - $\frac{1}{4}$ cup Onion- small diced
 - 1 Jalapeno- deseeded & diced
 - 2 tablespoons Lime juice
 - 1 tablespoon Honey
 - Salt & pepper to taste
1. Prepare all ingredients as directed
 2. Combine all ingredients in mixing bowl
 3. Refrigerate for 30 minutes prior to serving.
 4. Great appetizer to bring to a cook out or with baked corn chips.

Want to keep up with us and receive more nutrition tips?

Follow us on Instagram [@sodexomagic.dcps](https://www.instagram.com/sodexomagic.dcps)

For an interactive menu and nutrient information visit us at

[dcps.nutrislice.com](https://www.dcps.nutrislice.com)