

# June 2024 Elementary & K-8 Breakfast



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3

- Hard Boiled Egg Bento Box **V**
- Mini French Toast Bites **V**
- Banana Muffin w/ String Cheese **V**
- Orange Wedges
- Banana

4

No School

5

- Chicken Biscuit Sandwich
- Oatmeal Raisin Round **V**
- Applesauce
- Strawberry Cup

6

- Cheddar Cheese Omelet **V**
- Bagel w/ Cream Cheese **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Grapes
- Banana

7

- Strawberry Oatmeal **VE**
- Vanilla Yogurt Cup w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese **V**
- Frozen Blueberries
- Strawberry Cup

10

- Cheesy Eggs w/ Toast **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Fresh Apple
- Diced Pears

11

- Hard Boiled Egg Breakfast Box **V**
- Oatmeal Raisin Round **V**
- Banana Muffin w/ String Cheese **V**
- Strawberries
- Fresh Tangerine

12

- Breakfast Biscuit Sandwich
- Strawberry yogurt w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese
- Orange Wedges
- Apple Juice

13

- French Toast Sticks **VE**
- Bagel w/ Cream Cheese **V**
- Cantaloupe
- Baked Cinnamon Apples

14

- Cheddar Cheese Omelet **V**
- Banana Bread **V**
- Apple Muffin w/ String Cheese **V**
- Wild Blueberries
- Banana

17

- Breakfast Sausage and Pancake on a Stick
- Bagel w/ Cream Cheese **V**
- Apple Cinnamon Muffin w/ String Cheese
- Orange Wedges
- Wild Blueberries

18

No School

19

SUMMER

20

BREAK

21

No School

For an interactive menu a nutrient information, please visit us on [dcps.nutrislice.com](http://dcps.nutrislice.com)

Offered Daily:  
Skim or 1% Milk

Assorted Cereals:  
Cheerios, Rice Chex, Cinnamon Chex, Raisin Bran

VE – Vegan  
V- Vegetarian  
Local

All Grains are whole grain rich

June 2024  
Elementary & K-8 Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

3

- Beef & Cheese Nachos
- Veggie Burger **V**
- Sunbutter & Jelly Sandwich **VE**
- Mexican Black Beans
- Spiced Carrots

4

No School

5

- Veggie Lo Mein w/ Sweet & Sour Tofu **V**
- Cheese Breadsticks w/ Marinara **V**
- Turkey & Cheese Sandwich
- Sweet Yellow Corn
- Strawberry & Greens Salad w/ Poppy Seed Dressing

6

- Chili con Carne w/ Breadstick
- Caprese Grilled Cheese Sandwich **V**
- Chicken Caesar Wrap
- Crinkle Cut Fries

7

- BBQ Chicken Sandwich
- Broccoli & Cheese Baked Potato w/ Dinner Roll **V**
- Fiesta Salad w/ Dinner Roll
- Blue Ribbon Slaw
- Roasted Broccoli

10

- Chicken Parmesan w/ Spaghetti and Tomato Sauce
- Cheese Pizza **V**
- Chicken Caesar Wrap
- Roasted Cauliflower
- Garden Salad

11

- Taco Quesadilla
- Cheese Quesadilla **V**
- Tuna Salad Sandwich
- Parmesan Green Beans
- Mexican Black Beans

12

- Roast Turkey w Gravy
- Dinner Roll
- Bean and Cheese Nachos **V**
- Crispy Chicken Salad
- Mashed Potatoes
- Mexican Corn

13

- Spicy Chicken Sandwich
- Fiesta Potato Breakfast Bowl **V** w/ Biscuit
- Hummus Box **V**
- Seasoned Carrot Coins
- Sweet Potato Fries

14

- BBQ Mac & Cheese w/ Garlic Knot
- Cheese Lasagna Rollup **V**
- Garlic Knot
- Ham and Cheese Deli Sandwich
- Aztec Corn
- Ceasar Side Salad

17

- Butter Chicken & Brown Rice
- Veggie Burger **V**
- Deli Bento Box
- Seasoned Potato Wedges
- Garden Salad
- Burger Toppings

18

No School

19

SUMMER

20

BREAK

21

No School

For an interactive menu a nutrient information, please visit us on [dcps.nutrislice.com](https://dcps.nutrislice.com)

**Students choice:**  
Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal (See weekly menu or Nutrislice for specific options)

**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://dcps.nutrislice.com)