



**BREAKFAST PRICES:**

Elementary	\$1.20
Middle	\$1.30
High	\$1.30
Adult	\$1.80

# JUNE 2014

Broward County Food and Nutrition

## Breakfast



Parents are encouraged to prepay for student meals at link: <https://www.schoolpaymentsolutions.com/>


### Magnetic Energetic Summer Snack –Attack

The Harvard School of Public Health suggests trying different snacks in between meals. Healthy snacks options such as fruits, vegetables, grains and lean meats are examples of foods that help our bodies stay energized. In addition, unhealthy options such as snacks high in sugar: candy, cookies, and chips, are examples that may give our bodies a momentary high but then slow down quickly. Here are some easy, fun, healthy, and best of all...TASTY snack ideas kids can make with their parents which will energize the mind and body.

1. **Burrito Bites (snack attack)** - corn tortillas, refried beans, romaine lettuce, low fat shredded cheese, bottles of salsa.
2. **Fruity Peanut Butter Pitas (snack attack)** - chunky peanut butter (**Beware of peanut allergies**) sliced apples, sliced bananas, fresh sliced peaches, small whole wheat pitas
3. **Ants on a stick (snack attack)** – cleaned celery stalks, creamy peanut butter (**Beware of peanut allergies**) or cream cheese, raisins
4. **Kung Fu Wraps (snack attack)** – cooked and sliced skinless, boneless chicken breasts, shredded carrots, cilantro, chopped cabbage, green onions, chopped peanuts, large flour tortillas, salsa optional



**Low fat and fat free milk served daily.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit  Apple Juice	3 Baked Chicken Patty & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit  Chilled Applesauce	4 Mini Blueberry Waffles Assorted Cereals & Biscuit Yogurt & Biscuit  Florida Orange Juice	5 <i>Manager's Choice</i> Assorted Cereals & Biscuit Yogurt & Biscuit  Chilled Peaches	6 <b>NO SCHOOL</b> 

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**Menu subject to change due to availability.**