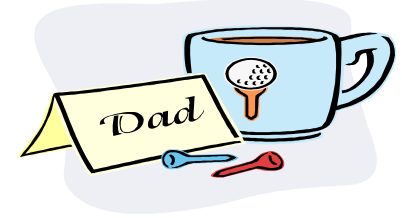


June 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Healthy Living Tips</u> With the summer come the mosquito & tick bites and with the bites come the bug-borne diseases. While the threat of</p>	<p>3. Grilled Cheese Green Beans Apple Slices Milk</p>	<p>4. Pasta Salad w/ Turkey, Peas & Carrots Peaches Milk</p>	<p>5. Cheese Quesadillas w/ Salsa Broccoli Cantaloupe Milk</p>	<p>6. French Toast Sticks Turkey Sausage Cucumbers Bananas Milk</p>	<p>7. Turkey Hot Dogs Baked Beans Applesauce Milk</p>	<p><i>A study of mosquito repellents found that the soy-based Bite Blocker for Kids was the most effective natural alternative to DEET. This</i></p>
<p><i>West Nile virus or Lyme disease might make us uneasy, so might applying our children with a chemical bug repellent every day.</i></p>	<p>10. Cheese Pizza Broccoli Watermelon Milk</p>	<p>11. Turkey Sandwich Sweet Potato Fries Pineapple Milk</p>	<p>12. American Chop Suey Green Beans Applesauce Milk</p>	<p>13. Sweet & Sour Meatballs Egg Noodles Peas Oranges</p>	<p>14. Cinnamon Pancakes Turkey Sausage Cauliflower Bananas</p>	<p><i>Natural bug repellent offered more than 90 minutes of protection, better than some low-concentration DEET products.</i></p>
<p><i>The good news is that there are some all-natural bug killers that can keep insects off you, your children, your pets, and your garden.</i></p>	<p>17. Grilled Ham and Cheese Mixed Vegetables Honeydew Milk</p>	<p>18. Turkey Hot Dogs Baked Beans Applesauce Milk</p>	<p>19. Teriyaki Chicken and Rice Peas Watermelon Milk</p>	<p>20. Pasta w/ Alfredo Sauce Cucumbers Peaches Milk</p>	<p>21. Sunbutter & Jelly Triangles Sweet Potato Fries Bananas Milk</p>	<p><i>If you do decide to use a DEET insect repellent, do it wisely. DEET is an insecticide and it can affect the nervous system. The American</i></p>
<p><i>The bug sprays on the market-including ones with DEET- have been deemed safe by the EPA; at least when used as directed. Still, many</i></p>	<p>24. Chicken Nuggets Green Beans Honeydew Milk</p>	<p>25. Turkey Sandwich Peas Orange Slices Milk</p>	<p>26. Macaroni and Cheese Cauliflower Apple Slices Milk</p>	<p>27. Ravioli Broccoli Watermelon Milk</p>	<p>28. Cheese Quesadillas w/ Salsa Mixed Vegetables Cantaloupe Milk</p>	<p><i>Academy of Pediatrics recommends using repellents with no more than a 30% concentration of DEET for children over 2 months.</i></p>
<p><i>parents want to limit their children's' exposure to potentially toxic chemicals. So what are some natural bug repellent alternatives?</i></p>						<p><i>They also recommend using a pump spray instead of aerosol. For more information: www.webmd.com</i></p>

Breakfast: Cheerios, Bananas, Toast with Sunbutter and Jelly, Milk

Snacks: Goldfish, Veggie Sticks, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Graham Crackers, Gerber Fruit Puffs, Fresh Fruit, Yogurt

We serve Whole Milk that is All Natural & Free of Growth Hormones.