

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star School
Lunch Provider!



May.Snack.Menu.

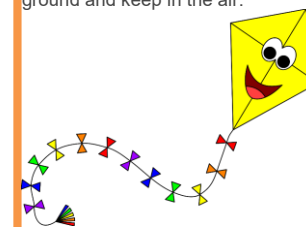
Hawthorne, Twain & Whitman
Early Childhood

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 WG Vanilla Goldfish Graham 1 % Low-fat Milk Pint	2 Fresh Orange Smiles WG Goldfish Pretzels	3 Fresh Cucumber Coins w/ LF Ranch Dip 100% Fruit Juice	4 No School Institute Day
7 WG Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint	8 WG Goldfish Cheddar Snack Cracker 100% Juice Cup	9 Fresh Banana Sun Butter Cup	10 Animal Crackers 1% Low-fat Milk Pint	11 Monterey Jack Cheese Ocean Spray Watermelon Craisins
14 Dick & Jane Shortbread Cookies 100% Juice Box	15 Fresh Celery Sticks Sun Butter Cup	16 Animal Crackers 1% Low-fat Milk Pint	17 Fresh Orange Smiles WG Goldfish Pretzels	18 Raspberry Yogurt Cup WG Cinnamon Goldfish Grahams
21 WG Vanilla Goldfish Graham 1% Low-fat Milk Pint	22 Monterey Jack Cheese Ocean Spray Orange Craisins	23 Fresh Banana Sun Butter Cup	24 WG Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint	25 No School Institute Day
28 No School Memorial Day	29 WG Blueberry Lemon Bites 100% Juice Cup	30 Fresh Orange Smiles WG Goldfish Pretzels	31 Strawberry Cup WG Vanilla Goldfish Graham	

Fun Spring Time Activities to Get Kids Moving

Fly a kite: For little children, keep the kite string short, say 3-4 meters in length. It will make flying the kite much easier to get off the ground and keep in the air.



Start a garden: You may want to start by planting herbs, such as dill and thyme, in a window sill. Perhaps you could let your children select some colorful flower pots, & plant some vegetables. You could try, leafy greens, such as spinach, kale and lettuce, they grow very well in flower pots.



Each meal includes rBST-free skim or 1% milk.



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