

BREAKFAST

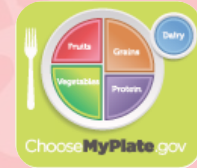
July 2013

Summerside Cafe

Nutrition Tip

July is National Blueberry Month! Top off a bowl of cereal with some berries. Or, mix fresh fruit with plain fat-free or low-fat yogurt.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* monday

Pancake Breakfast **1**
Sandwich OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk

* tuesday

Cheese Omelet with Tater Tots OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **2**

* wednesday

Signature Coffee Cake OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **3**

* thursday

OFF **4**

* friday

OFF **5**

Pancake Breakfast **8**
Sandwich OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk

Cheese Omelet with Tater Tots OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **9**

Signature Coffee Cake OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **10**

Muffin Assortment OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **11**

Cinnamon French Toast OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **12**

Lemon Mini Loaf OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **15**

Cheese Omelet with Tater Tots OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **16**

Signature Coffee Cake OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **17**

Apple Cinnamon Muffin OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **18**

Cinnamon French Toast OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **19**

Lemon Mini Loaf OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **22**

Cheese Omelet with Tater Tots OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **23**

Signature Coffee Cake OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **24**

Apple Cinnamon Muffin OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **25**

Cinnamon French Toast OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **26**

Lemon Mini Loaf OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **29**

Cheese Omelet with Tater Tots OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **30**

Signature Coffee Cake OR Cereal with Crackers OR Bagel with Cream Cheese
Fresh Fruit/Juice/Milk **31**

Join us for breakfast at the Summerside Café. It's FREE to anyone ages 2-18 and features your favorite breakfast treats.

LUNCH

July 2013

Summerside Cafe

Lunch Fact

Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.

Reference: Holick MF. *J Nutr.* 2005.

* monday

Chicken And
Mozzarella Pizza

1

Salad Bar: Romaine, Apple
Slices, Carrots, Celery,
Peaches

Pepperoni Pizza

8

Salad Bar: Romaine, Apple
Slices, Carrots, Celery,
Peaches

Chicken And Mozzarella
Pizza

15

Salad Bar: Romaine, Apple
Slices, Carrots, Celery,
Peaches

Pepperoni Pizza

22

Salad Bar: Romaine, Apple
Slices, Carrots, Celery,
Peaches

Chicken And Mozzarella
Pizza

29

Salad Bar: Romaine, Apple
Slices, Carrots, Celery,
Peaches

* tuesday

Walking Taco with
Beef and Queso

2

Salad Bar: Shredded Lettuce,
Salsa, Kidney Beans, Bananas,
Pineapple

Chicken Fajita Soft
Taco

9

Salad Bar: Shredded Lettuce,
Salsa, Kidney Beans, Bananas,
Pineapple

Beef and Cheese
Chalupa

16

Salad Bar: Shredded Lettuce,
Salsa, Kidney Beans, Bananas,
Pineapple

Bean and Cheese Burrito

23

Salad Bar: Shredded Lettuce,
Salsa, Kidney Beans, Bananas,
Pineapple

Walking Taco with
Beef and Queso

30

Salad Bar: Shredded Lettuce,
Salsa, Kidney Beans, Bananas,
Pineapple

* wednesday

Hot Dog on Bun

3

Salad Bar: Romaine,
Sliced Tomatoes, Peas,
Oranges, Pears

Turkey Ham and Cheese

10

Chef Salad in Bread Bowl
Salad Bar: Romaine,
Sliced Tomatoes, Peas,
Oranges, Pears

Sub Sandwich

17

Salad Bar: Romaine,
Sliced Tomatoes, Peas,
Oranges, Pears

Hamburger on Bun

24

Salad Bar: Romaine,
Sliced Tomatoes, Peas,
Oranges, Pears

Hot Dog on Bun

31

Salad Bar: Romaine,
Sliced Tomatoes, Peas,
Oranges, Pears

* thursday

OFF

4

Cheeseburger on Bun

11

Salad Bar: Romaine,
Broccoli, Mandarin Oranges,
Plums

Hot Dog on Bun

18

Salad Bar: Romaine,
Broccoli, Mandarin Oranges,
Plums

Corn Dog

25

Salad Bar: Romaine,
Broccoli, Mandarin Oranges,
Plums

* friday

OFF

5

Chicken Nuggets

12

Salad Bar: Romaine,
Corn, Mixed Fruit, Watermelon

Chicken Chunks

19

Salad Bar: Romaine,
Corn, Mixed Fruit, Watermelon

Chicken Nuggets

26

Salad Bar: Romaine,
Corn, Mixed Fruit, Watermelon

Lunch at the Summerside Café is delicious and FREE to anyone ages 2-18. Fruits, vegetables and milk served daily.