

Heritage Elem. Managers Menu June 7-June 13

Visit our website!
www.Redclaycafe.com

- Milk Choices: Skim or 1% White, Fat Free Chocolate & Strawberry
- All sandwiches/wraps made on Whole Grains

- Menu is subject to change.
*If your school is participating in CEP (Community Eligibility Provision), the first meal for daily breakfast and lunch is provided at no charge to all students.

*USDA is an equal opportunity provider and employer.

Prices (Non-CEP)*

Elementary Breakfast: \$0.75
Secondary Breakfast: \$0.90
Elementary Lunch \$1.50
Secondary Lunch \$1.75
Milk \$0.50
Adult Breakfast \$2.50
Adult Lunch \$3.50



Available Daily

PB & J Sandwich
Dairy Lunchable
Fruit & Yogurt
Parfait
Assorted Fresh
Fruit

Choice of Fat-Free or 1% Milk



This Summer, 2017, The Red Clay School District will operate a Summer Feeding Program offering Breakfast and Lunch, at no cost, to children 18 years of age and younger who are enrolled in summer programs. In addition, these meals are also offered to members of the community who are 18 years or younger, free of charge, during specified time periods at certain Red Clay school locations.



For more information, visit www.redclaycafe.com, call the Nutrition Office at (302)992-5580 or scan the QR code!

Wednesday, June 7

Breakfast

Banana Bread
Cereal or Yogurt w/ Graham

Lunch

Cheese Steak on Roll
Tuna Salad Sandwich
Tuna Salad on Greens

Lunch Sides of the Day

Glazed Carrots
Assorted Fruit Cups
Fresh Assorted Fruit
Fresh Broccoli Florets

Thursday, June 8

Breakfast

Pig in a Pancake
Cereal or Yogurt w/ Graham

Lunch

BBQ Chicken Sandwich on Roll
Italian Sub
Chicken Fiesta Salad

Lunch Sides of the Day

Tasty Peas
Juicy Peaches
Fresh Assorted Fruit
Fresh Snap Peas & Radishes

Friday, June 9

Breakfast

Toaster Frudel
Cereal or Yogurt w/ Graham

Lunch

Mandarin Orange Chicken
With "Fried" Rice
Turkey Club Sandwich
Crispy Chicken Salad

Lunch Sides of the Day

Roasted Broccoli
Cool Mixed Fruit
Fresh Assorted Fruit
Fresh Carrot Sticks

NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, June 12

Breakfast

French Toast
Cereal or Yogurt w/ Graham

Lunch

Cheeseburger Helper
With Dinner Roll
Tuna Salad Sandwich
Chicken Caesar Salad

Lunch Sides of the Day

Steamed Green Beans
Cool Peas
Fresh Assorted Fruit
Fresh Broccoli Florets & Cherry Tomatoes

Tuesday, June 13

Breakfast

Appleway & Nutrigrain Bars
Sunrise Bites

Lunch

Nacho Supreme with Tostitos
Crispy Fish Nuggets
Turkey & Cheese Sandwich
Crispy Chicken Salad

Lunch Sides of the Day

Steamed Corn
Chilled Applesauce
Fresh Assorted Fruit
Fresh Carrot Sticks

THANKS!

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!

Red Clay Mobile Meals Times & Locations

The Red Clay Nutrition Department feeds your children during the school year and now we are feeding your children during the summer! Red Clay is offering mobile meals this summer at no cost, to children 18 years and younger! * Children must eat meal on-site!

Dates: June 19th-August 11th (Meals will not be served on Tuesday, July 4th!)
Monday - Friday

The food truck will be visiting
These communities! →

Murray Manor I	10:30am-11:00am
Midway Park Apartments	11:20am-11:50am
Limestone Terrace	12:10pm-12:40pm
Arbor Pointe Apartments	1:00pm-1:30pm

Contact the Red Clay Nutrition Department with Questions!
Phone: (302)992-5580 or visit Redclaycafe.com