

Highlands 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
Blueberry Muffin
Mini Waffles

Lunch
Hot Dog on Whole Grain Bun
Tuna Salad Sandwich
Chicken Caesar Salad

Lunch Sides of the Day
Zesty Baked Beans
Juicy Peaches
Fresh Assorted Fruit
Fresh Red & Yellow Peppers

Thursday, June 8

Breakfast
Banana Bread
Sunrise Bites

Lunch
Mini Cheese Calzones with Marinara Sauce
Chicken Club on Ciabatta Roll
Tuna Salad on Greens

Lunch Sides of the Day
Steamed Green Beans
Fresh Fruit Combo
Fresh Assorted Fruit
Fresh Cucumbers and Celery

Friday, June 9

Breakfast
Egg & Cheese Pita Pocket
Cinnamon Roll

Lunch
Oven Baked Chicken With Parmesan Pasta
Ham & Cheese Sandwich
Buffalo Chicken Salad

Lunch Sides of the Day
Sautéed Spinach
Chilled Applesauce
Fresh Assorted Fruit
Cherry Tomatoes & Green Peppers

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
Pig in a Pancake
Appleway Bar

Lunch
Pulled Pork on Pretzel Roll
Italian Sub
BLT Chicken Salad

Lunch Sides of the Day
Baked Sweet Potatoes
Cool Peas
Fresh Assorted Fruit
Fresh Carrot Sticks

Tuesday, June 13

Breakfast
Goldfish Snacker
Pop Tart

Lunch
Pizza with Whole Grain Crust
Assorted Deli Sandwich
Grilled Chicken Salad

Lunch Sides of the Day
Side Salad with Chick Peas
Cool Mixed Fruit
Fresh Assorted Fruit
Assorted Raw Vegetables

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

*Please be advised - Meal service ends promptly due to tight Schedule of food truck!

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