

FREE SUMMER BBQ

For all kids and teens



Community Park Redlands Community Center

June 12 - July 28 June 12 - August 4

12pm-1:30pm

Milk Varieties: 1% Milk, Nonfat Milk, Flavored Nonfat Milk
 A minimum of 1/2 C Fruit or Vegetable Offered Daily
 Vegetarian Cheese Sandwich Option, Available Upon Request
 *Cold lunch provided at community center on Tuesdays
 ^Contains Pork

Weekly Menu

Monday	Tuesday*	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Hamburger Cheeseburger ^Rib-A-Que Sandwich Hot Dog	Hamburger Cheeseburger ^Rib-A-Que Sandwich Hot Dog	Hamburger Cheeseburger ^Rib-A-Que Sandwich Hot Dog	Hamburger Cheeseburger ^Rib-A-Que Sandwich Hot Dog	Hamburger Cheeseburger ^Rib-A-Que Sandwich Hot Dog
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Daily Vegetables	Daily Vegetables	Daily Vegetables	Daily Vegetables	Daily Vegetables
Fruits	Fruits	Fruits	Fruits	Fruits
Seasonal Fruit Options	Seasonal Fruit Options	Seasonal Fruit Options	Seasonal Fruit Options	Seasonal Fruit Options
Milk	Milk	Milk	Milk	Milk
Milk Variety	Milk Variety	Milk Variety	Milk Variety	Milk Variety



This institution is an equal opportunity provider.

Summer Fun at Redlands Community Park

June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Activities are FREE for all to participate in! Come join the fun!			1 <i>School in Session</i>	2 <i>School in Session</i>
5 <i>School in Session</i>	6 <i>School in Session</i>	7 <i>School in Session</i>	8 <i>School in Session</i>	9 
12 1 st day of Summer BBQ! 	13 Parent Nutrition Class: Choosing Healthy Beverages 	14 Summer Kick Off Fair 12 pm! 	15 Stories w/ A.K. Smiley Library 	16 UC Master Gardeners: ABC's of Gardening 
19 1 st Tee Golf 12pm-12:30 	20 Parent Nutrition Class: Fruits & Veggies 	21 Zumba with Jamie! 	22 Stories w/ A.K. Smiley Library 	23 UC Master Gardeners: Worm Composting 
26 1 st Tee Golf 12pm-12:30 	27 Parent Nutrition Class: Cutting Back on Salt 	28 YMCA Kids Circus Class 	29 	30 UC Master Gardener: Growing Herbs 



This institution is an equal opportunity provider.

Summer Fun at Redlands Community Park

July Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1st Tee Golf 12pm-12:30</p> 	<p>4</p> <p>No Meal Service in observance of July 4th</p> 	<p>5</p> 	<p>6</p> <p>Stories w/ A.K. Smiley Library</p> 	<p>7</p> <p>UC Master Gardeners: All About Butterflies</p> 
<p>10</p> <p>1st Tee Golf 12pm-12:30</p> 	<p>11</p> 	<p>12</p> <p>Zumba with Jamie!</p> 	<p>13</p> <p>Stories w/ A.K. Smiley Library</p> 	<p>14</p> <p>UC Master Gardeners: Seed Saving</p> 
<p>17</p> <p>1st Tee Golf 12pm-12:30</p> 	<p>18</p> <p>Parent Nutrition Class: Get Physical</p> 	<p>19</p> <p>Line Dancing with Stephanie!</p> 	<p>20</p> <p>Stories w/ A.K. Smiley Library</p> 	<p>21</p> <p>UC Master Gardeners: Good Bugs</p> 
<p>24</p> <p>1st Tee Golf 12pm-12:30</p>  <p>Family Zumba!</p> 	<p>25</p> <p>Parent Nutrition Class: Shopping on a Budget</p> 	<p>26</p> <p>Line Dancing with Stephanie!</p> 	<p>27</p> <p>Stories w/ A.K. Smiley Library</p> 	<p>28</p> <p>UC Master Gardeners: Bees (What's the Buzz?)</p> 

31

Activities are FREE for all to participate in!

Come join the fun!

This institution is an equal opportunity provider.

