

# Menus for June 2022



Ganado  
Unified School  
District # 20

This institution is an equal opportunity provider. Menus are subject to change.

## RESPECT THE HEAT.



When you're outside playing hard this summer, remember to prepare for the heat. Drink plenty of water before, during, and after vigorous summer exercise. If you wait until you feel thirsty to drink, you've waited too long!

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

## Word of the Month cit·i·zen·ship

n. 1. the state of being vested with the rights, privileges, and duties of a citizen. 2. the character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen.

### Wednesday, June 1

#### Breakfast

Hot OR Cold Cereal  
WG Toast, Asst. Juice,  
Fruit, Assorted Milk

#### Lunch

Choice of Pizza  
Romaine Salad  
Ranch Dressing  
Celery Sticks  
Fresh Fruit  
Choice of Milk

### Thursday, June 2

#### Breakfast

Brown Rice, Scramble  
Eggs, Fresh Apple,  
Assorted Milk

#### Lunch

Chili Mac  
Cooked Carrots  
Green Beans  
WG Dinner Roll  
Fresh Fruit  
Choice of Milk

### Friday, June 3

#### Breakfast

Blueberry Muffin,  
Yogurt, Assorted Juice,  
Orange,  
Assorted Milk

#### Lunch

Turkey Deli  
Sandwich  
Green Leaf, Tomato  
Asst. Chips  
Fruit  
Choice of Milk

**ALL KIDS EAT  
FREE  
18 YEARS AND  
YOUNG**

**Breakfast & Lunch  
7:30-8:30 AM  
11:00-12:30pm  
Location:  
Primary School  
High School**

**LUNCH ONLY:  
(High School  
Cafeteria Patio)  
CHAPTER HOUSE:  
Cornfields  
Steamboat  
Local:  
ADOT Parking**

**(Reposted:  
6/3/2022)**

**"PARENTS CAN  
PICKUP MEALS FOR  
KIDS**

### Monday, June 6

#### Breakfast

Hot Cereal, WG Toast  
w/Jelly, Sliced Pears,  
Choice of Milk

#### Lunch

Hotdog on a Bun  
Vegetarian Beans  
Celery Sticks w/  
Dressing  
Fruit Mix  
Choice of Milk

### Tuesday, June 7

#### Breakfast

Pancake, Syrup,  
Sausage Patty,  
Asst. Juice, Fruit,  
Choice of Milk

#### Lunch

Chicken Fajitas  
Shred Lettuce, Tomato  
Spanish Rice  
Black Beans  
Fresh Apple  
Choice of Milk

### Wednesday, June 8

#### Breakfast

Breakfast Pizza  
Cheese Sticks,  
Fruit,  
Choice of Milk

#### Lunch

Grilled Chicken  
Sandwich  
Gr. Leaf, Tomato  
French Fries  
Fresh Fruit  
Choice of Milk

### Thursday, June 9

#### Breakfast

WG Biscuits, Country  
Gravy, Asst. Juice,  
Banana,  
Choice of Milk

#### Lunch

Ham Deli Sandwich  
Green Leaf, Tomato  
Carrot Sticks  
Asst. Chips  
Fresh Fruit  
Choice of Milk

### Monday, June 13

#### Breakfast

Breakfast Muffin, Asst.  
Yogurt, Diced Peaches,  
Banana,  
Choice of Milk

#### Lunch

Spaghetti w/  
Meat Sauce  
Romaine Salad  
Ranch Dressing  
Blueberries  
Choice of Milk

### Tuesday, June 14

#### Breakfast

PB & Jelly Sandwich,  
Asst. Juice, Diced  
Peaches,  
Assorted Milk

#### Lunch

Chicken Nuggets  
BBQ Sauce  
WG Lunch Roll  
Mixed Vegetables  
Fresh Apple  
Choice of Milk

### Wednesday, June 15

#### Breakfast

Breakfast Pizza, Asst.  
Juice, Fresh Apple,  
Choice of Milk

#### Lunch

Bean Burrito  
Spanish Rice  
Romaine Salad  
Ranch Dressing  
Fresh Fruit  
Choice of Milk

### Thursday, June 16

#### Breakfast

WG Bagel, Cream  
Cheese, Asst. Juice,  
Orange, Assorted Milk

#### Lunch

Chicken Fajitas  
Shred Lettuce, Tomato  
Spanish Rice  
Mexicali Corn  
Fresh Apple  
Choice of Milk



# What do sunshine, salmon, and milk have in common?



What's on  
**YOUR**  
plate?



As different as these things might seem, they are all sources of vitamin D! When you're exposed to sunlight, your skin makes vitamin D. The vitamin also occurs naturally in fatty fish like salmon, and we also get it from foods like milk that are fortified with vitamin D. Vitamin D from all these sources helps keep our bones and immune systems strong, and may even help fight disease ranging from the flu to cancer!

**BACK  
TO  
THE FUTURE**

Next year, our School Meals program may be headed back to pre-pandemic days. We may again be asking families that could qualify for free and reduced-price meals to apply (you'll be able to do that on our website, and in other ways), while other students will pay for meals. We'll keep our families posted as the details are finalized this summer. Meanwhile, feel free to email [YOURNAME@ourschooldistrict.com](mailto:YOURNAME@ourschooldistrict.com) or call XXX-XXX-XXXX with any questions. We hope you have a great summer!

**School Meals**  
We serve education every day™

# NUTS



The ferocious grizzly bear doesn't usually hunt and eat red squirrels – but it stalks them all the time. You see, the squirrels collect whitebark pine nuts, and the bears spend a lot of time trying to figure out where the squirrels stashed the nuts. Why? Grizzly bears eat up to 35,000 calories a day before hibernation, and whitebark pine nuts are a high-fat, high-energy food. The grizzlies eat the nuts voraciously to get ready for winter.

**ANIMAL APPETITES**

**Monday, June 20**

## Breakfast

Breakfast Burrito, Salsa, Applesauce, Orange, Choice of Milk

## Lunch

Pork Pozole  
WG Fry Bread  
Romaine Salad  
Ranch Dressing  
Fresh Apple  
Choice of Milk

**Tuesday, June 21**

## Breakfast

Corn Mush, Sausage Patty, Asst. Juice, Apple slices, PB, Choice of Milk

## Lunch

Ham n Cheese Sub  
Green Leaf, Tomato  
Carrot Sticks  
Pasta Salad  
Fresh Apple  
Choice of Milk

**Wednesday, June 22**

## Breakfast & Lunch

**COOK'S  
CHOICE**

**Thursday, June 23**

## Breakfast & Lunch

**COOK'S  
CHOICE**

A Note from the  
Child Nutrition

Every  
Complete  
Meal we  
serve comes  
with your  
choice of  
Milk!

## SFSP & SSO

Will Begin: June 01-23, 2022  
Any questions please call:  
Food Service Office: 928.755.1158  
Primary School: 928.755.1238  
High School: 928.755.1538

ENJOY YOUR SUMMER!

Thanks  
For Your  
Business  
This Year.



We'll Be Here  
Waiting For  
You When  
You Get Back!