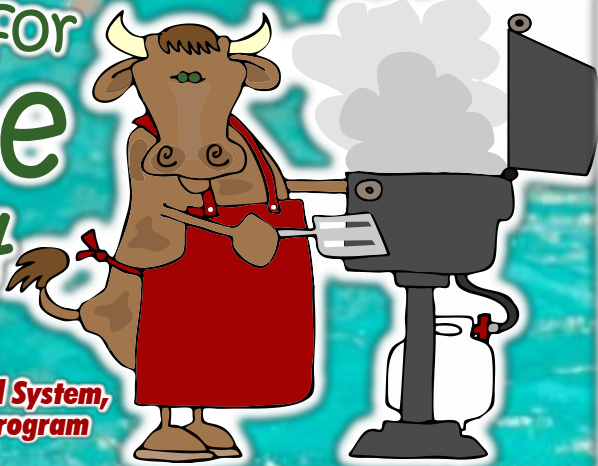


Menus for June 2024



**CNMI Public School System,
Child Nutrition Program**

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

VITAMIN FACTORY.

D Your skin actually **MAKES** vitamin D for your body. In the summer, depending on how far north you are and how dark your skin is, just 5-30 minutes of sun exposure in a day enables your body to make enough vitamin D, but be very careful -- don't ever let your skin burn!

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



Can you take a yolk?



Eggs are a great source of high quality protein and nutrients. But which is correct to say: "The **YOLKS** of the eggs are white" or "The **YOLK** of the eggs are white"?

Egg yolks are yellow!
A: Neither is correct.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, June 4

Breakfast
Ham and Cheese Roll
Fruit/Fruit Smoothie

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, June 5

Breakfast
Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice
Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, June 6

Breakfast
Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice
Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, June 7

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice
Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit



this month: mushrooms

There are some foods that most kids don't like, but most adults do. Why? **It's a mystery!** Take mushrooms, for instance. For the most part, grown-ups love 'em -- raw in a salad, grilled with a steak, sauteed on a burger, breaded and fried. But most kids think they taste like dirt! Do you feel that way, too? Get back to us in a few years!



STRANGE BUT TRUE!

IF YOU ARE EIGHT YEARS OLD, YOU HAVE BEEN ALIVE FOR MORE THAN A **QUARTER OF A BILLION** SECONDS. YOU WON'T BE A BILLION SECONDS OLD UNTIL YOU'RE ALMOST 32!

