



# JUNE | 2017

## Sturgeon Bay School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Elementary Schools: Chicken patty on a bun Mac & cheese Veggies & ranch Fruit <hr/> Middle & High School – Lunch buffet - Variety of choices!	<b>2</b> Assorted pizza choices Salad Fruit
<b>5</b> Meatballs & Gravy Rice Salad Fruit	<b>6</b> Hamburger or Cheeseburger Lettuce-tomato-onion slices Pickle Chips Fruit Cold dessert treat	<b>7</b> Chicken nuggets Macaroni & cheese Steamed veggies Blueberries Fresh fruit	<b>8</b> ½ day no lunch  <b>LAST day of SCHOOL!</b>	<b>9</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

### News

- **Limit screen time, keep moving and grooving**
- **Drink water this summer! Don't wait until you are thirsty, take a bottle of water with you on every outing.**
- **Eat fruits and vegetables with each meal and snack**
- **Text "Food" to number 877877 to locate the nearest summer lunch program (free and healthy choices for every child)**

Every grain served is a whole grain. White skim milk is the milk promoted in the lunch room. Suggestions and comments welcome!  
[jspude@sturbay.k12.wi.us](mailto:jspude@sturbay.k12.wi.us) Sturgeon Bay Schools is an equal opportunity provider.