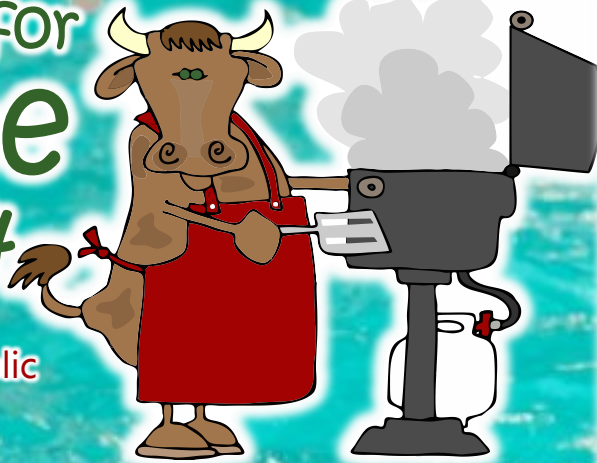


Menus for June 2024

Roslyn Public Schools



This institution is an equal opportunity provider. Menus

Monday, June 3

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

French Toast & Egg
Omelet
Vegetable
Fruit/Milk

Tuesday, June 4

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Vegetable
Fruit/ Milk

Wednesday, June 5

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta
with Protein
Vegetable
Fruit/Milk

Thursday, June 6

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice /Vegetable
Fruit/ Milk

Friday, June 7

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/ Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable/
Fruit/ Milk

Monday, June 10

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

French Toast & Egg
Omelet
Vegetable
Fruit/Milk

Tuesday, June 11

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Vegetable
Fruit/ Milk

Wednesday, June 12

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta
with Protein
Vegetable
Fruit/Milk

Thursday, June 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Patty
Rice /Vegetable
Fruit/ Milk

Friday, June 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/ Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable
/ Fruit/ Milk



VITAMIN FACTORY.

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!



What's on **YOUR** plate?



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"?

A: Neither is correct.
Egg yolks are yellow!

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

Monday, June 10

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

French Toast & Egg
Omelet
Vegetable
Fruit/Milk

Tuesday, June 11

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Vegetable
Fruit/ Milk

Wednesday, June 12

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta
with Protein
Vegetable
Fruit/Milk

Thursday, June 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

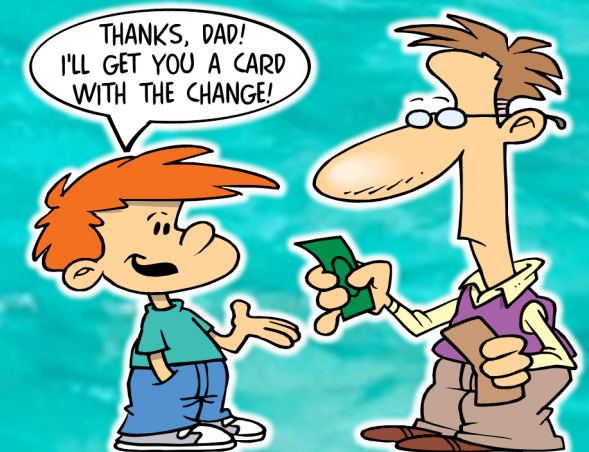
Chicken Patty
Rice /Vegetable
Fruit/ Milk

Friday, June 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/ Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable
/ Fruit/ Milk



FATHER'S DAY JUNE 16

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!



The Egyptian Vulture is one of very few birds to use tools. You see, it loves eggs, but some eggs (ostrich eggs, for example) are too big and thick-skinned for the vulture to crack open with its beak. So this wily bird picks up small rocks and uses them to hammer at the big eggs until they crack.



ANIMAL APPETITES

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!



Monday, June 17

Lunch

Superintendent's
Conference
Day

Tuesday, June 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Vegetable
Fruit/ Milk

Wednesday, June 19



Thursday, June 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice /Vegetable
Fruit/ Milk

Friday, June 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/ Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

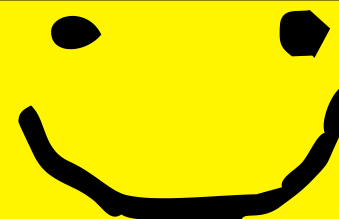
Pizza
Vegetable/
Fruit/ Milk

Monday, June 24

Cook's



Choice



Smile. It's summer!
We'll see you next year. Enjoy!