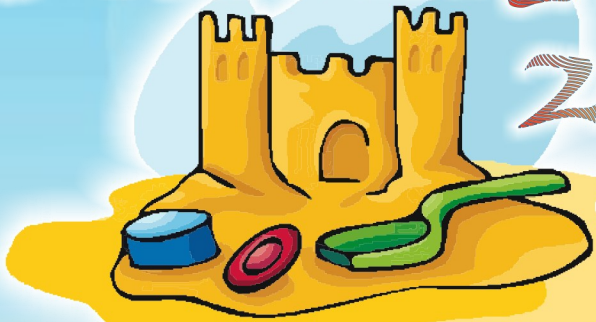


# Menus for June 2022



Roslyn Public Schools

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



## Wednesday, June 1

### 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 Vegetable/ Fruit/Milk High & Middle School Plain Pasta or Pasta with Meatballs or Meat Sauce Elementary Plain Pasta or Pasta with Meatballs or Meat Sauce

## Thursday, June 2

### 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 Vegetable/ Fruit/Milk High & Middle School & Elementary Managers Choice

## Friday, 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 Vegetable/ Fruit/Milk High & Middle School Pizza Elementary Pizza

## 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!**

## Monday, 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 Vegetable/ Fruit/Milk

High School Grilled Cheese

Elementary Grilled Cheese

## Tuesday, 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 Vegetable/ Fruit/Milk

High & Middle School Managers choice

Elementary Pizza

## Wednesday, June 8

### 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 Vegetable/ Fruit/Milk High & Middle School Plain Pasta or Pasta with Meatballs or Meat Sauce Elementary Plain Pasta or Pasta with Meatballs or Meat Sauce

## Thursday, June 9

### Lunch

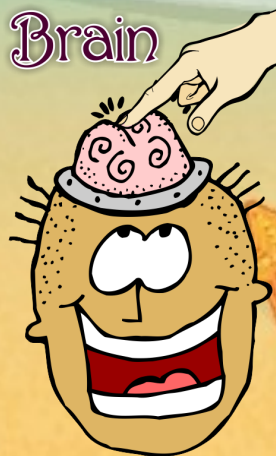
Choice of Sandwiches  
Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk High & Middle School & Elementary Managers Choice

## Friday, 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 Vegetable/ Fruit/Milk High & Middle School Pizza Elementary

## Brain Ticklers

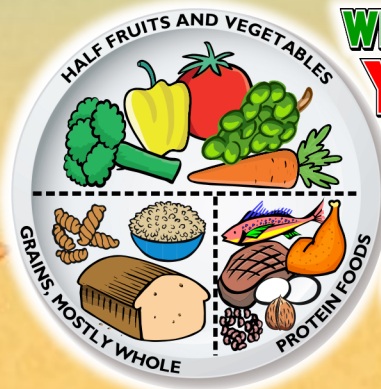


What is the largest living ant in the world?

(Hold the page upside down and read it in a mirror for the answer!)

lfn-rtspj

## 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 [dpiteo@roslynschools.org](mailto:dpiteo@roslynschools.org) or call 516-801-509 with any questions. We hope you have a great summer!

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

**Monday, 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  
Vegetable/ Fruit/Milk

High School  
Grilled Cheese

Elementary  
Grilled Cheese

**Tuesday, 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  
Vegetable/ Fruit/Milk

High & Middle School  
Managers choice  
Elementary  
Pizza

**Wednesday, June 15**

### 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  
Vegetable/ Fruit/Milk  
High & Middle School  
Plain Pasta or Pasta with  
Meatballs or Meat Sauce

Elementary Plain Pasta  
or Pasta with Meatballs  
or Meat Sauce

**Thursday, June 16**

### 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  
Vegetable/ Fruit/Milk

High & Middle School &  
Elementary

Managers Choice

**Friday, June 17**

### 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  
Vegetable/ Fruit/Milk

High & Middle School  
Pizza

Elementary  
Pizza

# 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**



**Tuesday, 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  
Vegetable/ Fruit/Milk

High & Middle School  
Managers choice  
Elementary  
Pizza

**Wednesday, June 22**

### 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  
Vegetable/ Fruit/Milk

High & Middle School  
Pizza  
Elementary  
Pizza

**Thursday, June 23**



Thanks For Your Business This Year!

**Friday, June 24**

## ENJOY YOUR SUMMER!

Thanks  
For Your  
Business  
This Year.



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