

# JUNE

2021

## EHS SUMMER SNACK MENU



<p>m</p>	<p>t</p> <p>½ (.05 oz.) Soft Pretzel 1 Wild Watermelon Applesauce Cup</p> <p>1.</p>	<p>w</p> <p>½ oz. Sliced Cheese ½ c Diced Pears</p> <p>2.</p>	<p>th</p> <p>¼ c Vanilla Yogurt ½ c Chex</p> <p>3.</p>	<p>f</p> <p>4 oz. Milk ¼ c (.05 oz.) Gold Fish</p> <p>4.</p>
<p>7.</p> <p>4 (.05 oz.) Wheat Crackers ½ oz. Sliced Cheese</p>	<p>8.</p> <p>1 Tbsp. Peanut Butter 2 (.05 oz.) Graham Cracker Squares*</p> <p>*Graham crackers are not to be given to children under 1yr</p>	<p>9.</p> <p>½ c Sliced Bananas ½ c Strawberry Yogurt</p>	<p>10.</p> <p>½ c Shredded Carrots 1 Tbsp. Ranch Dressing ½ oz. Sliced Cheese</p>	<p>11.</p> <p>4 oz. Milk 8 (.05 oz.) Animal Crackers</p>
<p>14.</p> <p>4 oz. Milk ½ (.05 oz.) Soft Pretzel</p>	<p>15.</p> <p>¼ c Vanilla Yogurt 2 (.05 oz.) Graham Cracker Squares*</p> <p>*Graham crackers are not to be given to children under 1yr</p>	<p>16.</p> <p>1 Tbsp. Peanut Butter ½ Fresh Diced Apples</p>	<p>17.</p> <p>4 (.05 oz.) Wheat Crackers 1 slc (.05 oz.) Sliced Ham</p>	<p>18.</p> <p>4 oz. Milk ½ (.05 oz.) Whole Grain Muffin</p>
<p>21.</p> <p>½ c Applesauce ¼ c (.05 oz.) Gold Fish</p>	<p>22.</p> <p>½ c Diced Pears 1 pk. (.75 oz.) Teddy Grahams*</p> <p>*Graham crackers are not to be given to children under 1yr</p>	<p>23.</p> <p>1 Tbsp. Peanut Butter 4 (.05 oz.) Wheat Crackers</p>	<p>24.</p> <p>1 (.05 oz.) Whole Grain Muffin ½ c Mandarin Oranges</p>	<p>25.</p> <p>¼ c Vanilla Yogurt ½ c Cheerios</p>
<p>28.</p> <p>1 slc (.05 oz.) Sliced Ham 4 (.05 oz.) Wheat Thins</p>	<p>29.</p> <p>½ (.05 oz.) Soft Pretzel 1 Wild Watermelon Applesauce Cup</p>	<p>30.</p> <p>½ oz. Sliced Cheese ½ c Diced Pears</p>	<p>Special Announcements:</p>	

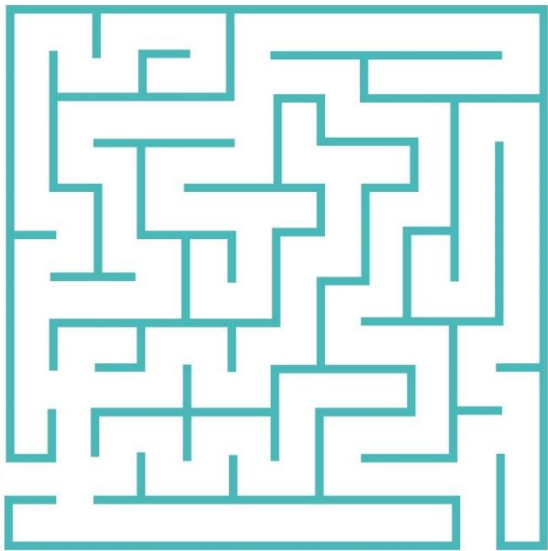




# INTERNATIONAL SPACE STATION PORK

Astronauts first arrived at the International Space Station in November 2000. More than 230 astronauts from 19 different countries have spent time in the space station since then. They conduct research in the zero-gravity environment. The astronauts live and work in an area larger than a six-bedroom house. The space station orbits the earth at height of about 250 miles and completely circles the earth about 16 times a day. The solar panel array that powers it is so big that sometimes you can look up and see the space station moving across the sky at dawn or dusk.

## MARTIAN MAZE



## DID YOU KNOW?

Pork is a protein food that is used in many recipes like pork chops, pulled pork tacos, and jambalaya.

Did you know that pork is an excellent source of nutrients such as protein, thiamin, niacin, vitamin B-6, and phosphorus? It is also a good source of potassium, zinc, and riboflavin.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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