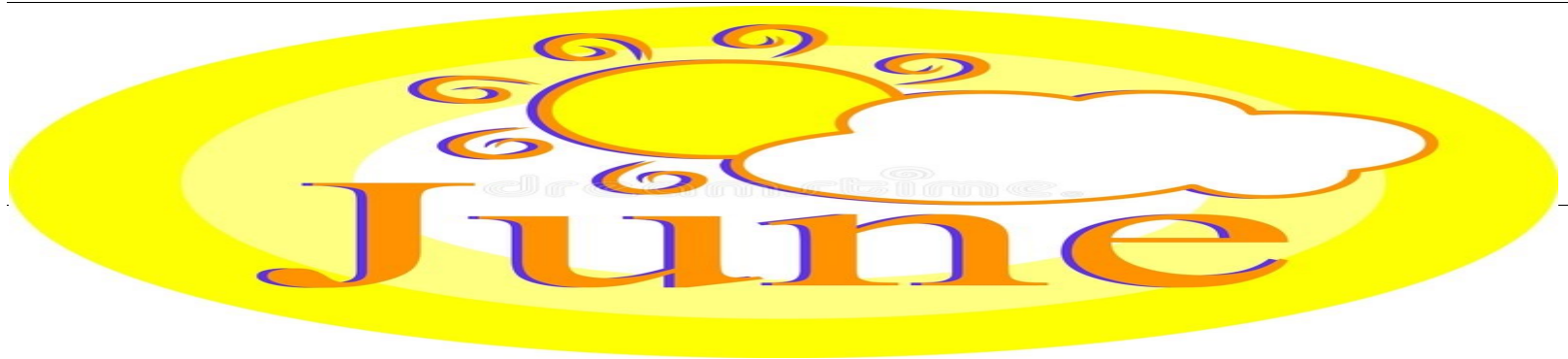
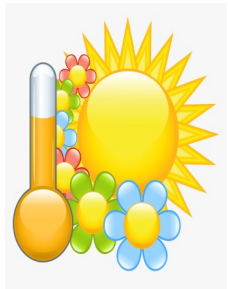


Mental health and physical health are largely connected, so by taking care of your body, you're also taking care of your mind. Here are 5 things that help you take care of your body and mind. **1. Get your rest** - get 7 to 9 hours of sleep a night. **2. Move your body** - Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day. **3. Connect with other** - Plan something fun with family or friends. If you aren't feeling like being in a crowded space, try to call at least one person to stay connected. **4. Stay hydrated** - drink more than the standard 8 glasses of water a day, and be creative. **5. Wear sunscreen** - Look for at least an SPF 30 and wear it all the time. Use these tips to help take care of yourself this summer and stay safe and healthy all season long!

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.			1 Hot Dog Green Beans Potato cubes Hot Apple	2 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Sidekick Cucumbers Salad	5
Menu subject to change.							
Lunch \$3.50	6 F Sub & Salad Manager Choice	7 French Toast Sausage Potato Cubes Cucumbers Apple Juice Syrup	8 Boneless Chicken Wings Mashed Potato White Beans Mandarin Orange	9 Meatball Sub Hot Carrots Tater Tots Peaches	10 Chicken Alfredo Salad Broccoli Apple	11 Cheese Pizza Salad Cucumbers Sidekick	12
Salad Combo & Sub Combo \$3.50							
	13	14	15	16	17	18	19
Breads/Buns are whole grain rich.		Manager Choice	Early Dismissal	Early Dismissal	Early Dismissal	Professional Duty Day	
Subs and Salads will not be made for Pizza days.							



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