



@ Summer Menu Safford Middle & Ruth Powell

JUN 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>A variety of Milk & Fruit Offered with All Meals</p>	<p>Pepperoni or Cheese Pizza Turkey Cheddar Wrap Steamed Carrots</p>	<p>1 Cheeseburger or Hamburger Lettuce, Tomato, Pickles Salami & Cheese Sandwich Tater Tots</p>	<p>2 Bean Burrito Enchilada Style Lettuce, Tomato, Salsa Ham, Turkey & Cheese Sub Spanish Rice</p>	<p>3 Corn Dog Sunbutter & Jelly Sandwich Mixed Vegetables</p>
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Meals Served at Safford Middle School Cafeteria and Ruth Powel Elementary School Cafeteria

<p>6 Chicken Nuggets Dinner Roll Ham & Cheese Sandwich Broccoli</p>	<p>7 Pepperoni or Cheese Pizza Turkey Cheddar Wrap Steamed Carrots</p>	<p>8 Jumbo Beef Hot Dog Salami & Cheese Sandwich Tater Tots</p>	<p>9 Beef Tacos Lettuce, Tomato, Japs Salsa, Cheese Ham, Turkey & Cheese Sub Sandwich Refried Beans</p>	<p>10 Beef Spaghetti Dinner roll Sunbutter & Jelly Sandwich Mixed Vegetables</p>
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Safford Middle School Meal Times - Breakfast 7am - 9am. Lunch 11am - 12:45pm

<p>13 Chicken Patty Sandwich Lettuce, Tomatoes, Pickles Ham & Cheese Sandwich Broccoli</p>	<p>14 Pepperoni or Cheese Pizza Turkey Cheddar Wrap Steamed Carrots</p>	<p>15 Cheeseburger or Hamburger Lettuce, Tomato, Pickles Salami & Cheese Sandwich Tater Tots</p>	<p>16 Beef and or Cheese Nachos Lettuce, Tomato, Japs Salsa Ham, Turkey & Cheese Sub Sandwich Refried Beans</p>	<p>17 Sloppy Joe Sandwich Sunbutter & Jelly Sandwich Mixed Vegetables</p>
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Ruth Powell Meal Times - Breakfast: 7am - 8am. Lunch 11am - 12:30am

<p>20 Chicken Nuggets Dinner Roll Ham & Cheese Sandwich Broccoli</p>	<p>21 Pepperoni or Cheese Pizza Turkey Cheddar Wrap Steamed Carrots</p>	<p>22 Jumbo Beef Hotdog Salami & Cheese Sandwich Tater Tots</p>	<p>23 Chicken Fajitas Lettuce, Tomato, Japs Salsa Ham, Turkey & Cheese Sub Sandwich refried Beans</p>	<p>24 BBQ Riblet Sandwich Lettuce, Tomatoes, Pickles Sunbutter & Jelly Sandwich Mixed Vegetables</p>
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Children 18 & under are Free. Adult Breakfast: \$2.50. Adult Lunch: \$3.50. Extra Milk: .50

<p>27 Chicken Patty Sandwich Lettuce, Tomato, Pickles Ham & Cheese Sandwich Broccoli</p>	<p>28 Pepperoni or Cheese Pizza Turkey Cheddar Wrap Steamed Carrots</p>	<p>29 Cheeseburger or Hamburger Lettuce, Tomato, Pickles Salami & Cheese Sandwich Tater Tots</p>	<p>30 Beef and or Cheese Nachos Lettuce, Tomatoes, Japs Salsa Ham, Turkey & Cheese Sub Sandwich Refried Beans</p>	<p>July 1 Beef Meatball Sub Mozzarella Cheese Sunbutter & Jelly Sandwich Mixed Vegetables</p>
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Breakfast Menu on the Back. Open Monday - Friday.

This institution is an equal opportunity provider.

Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Times Safford Middle: 7 am - 9: am Ruth Powell: 7 am - 8 am	May 31 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 1 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 2 Breakfast Pizza or Cereal Fruit, Milk	June 3 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk
June 6 Breakfast Burrito or Cereal Fruit, Milk	June 7 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 8 Sausage & Cheese English Muffin or Cereal Fruit, Milk	June 9 Breakfast Pizza or Cereal Fruit, Milk	June 10 Waffles, Syrup or Cereal Sausage Patty Fruit, Milk
June 13 Breakfast Burrito or Cereal Fruit, Milk	June 14 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 15 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 16 Breakfast Pizza or Cereal Fruit, Milk	June 17 French Toast, Syrup or Cereal Sausage Patty Fruit, Milk
June 20 Breakfast Burrito or Cereal Fruit, Milk	June 21 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 22 Sausage & Cheese English Muffin or Cereal Fruit, Milk	June 23 Breakfast Pizza or Cereal Fruit, Milk	June 24 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk
June 27 Breakfast Burrito or Cereal Fruit, Milk	June 28 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 29 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 30 Breakfast Pizza or Cereal Fruit, Milk	July 1 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange Juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

Breakfast and Lunch are offer vs. serve: Must take 3 components and one must be a fruit or a vegetable.

Nutrition Information is available upon request.