

NUTRITION TO GO

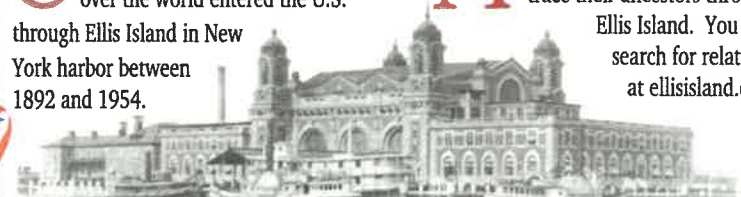
In addition to being juicy and delicious, a fresh pear delivers about 4-5 grams of fiber. That's about 20% of the 20-25 grams that nutritionists tell us we should eat every day. Fiber, an often-overlooked key to a healthier diet, is present most plentifully in whole grains, fresh fruits (like pears), vegetables, nuts, seeds, and beans.



★ OUR NATION'S HISTORY ★

Over 12 million immigrants from all over the world entered the U.S. through Ellis Island in New York harbor between 1892 and 1954.

More than 40% of Americans can trace their ancestors through Ellis Island. You can search for relatives at ellisland.org.



ELLIS ISLAND

★ WITH LIBERTY & JUSTICE FOR ALL ★

Which hand is holding the toothbrush?



They both are! You should brush at least twice a day with a regular toothbrush, but, in a way, apples are nature's toothbrushes. Apples are juicy but not sticky and they're full of fiber, too. So an apple as a snack or after a meal helps keep your teeth clean – but you still need to use the real brush!

Monday, July 19

Breakfast
WG Biscuit,
Sausage Patty,
Sliced Peaches,
Choice of Milk

Lunch
Chicken Soup
Turkey Deli Sand.
Green Leaf, Tomato
Fresh Apple
Choice of Milk

Tuesday, July 20

Breakfast
Cold Cereal, Granola
Bar, Assorted Juices,
Banana,
Choice of Milk

Lunch
Sloppy Joe
French Fries
Baked Beans
Orange Smiles
Choice of Milk

Wednesday, July 21

Breakfast
Breakfast Pizza, PB,
Sliced Apples, Juice,
Choice of Milk

Lunch
Spaghetti w/
Meat Sauce
Garlic Toast
Green Beans
Sliced Pears
Choice of Milk

Thursday, July 22

Breakfast
Hot Cereal, PB & J
Sandwich, Banana,
Choice of Milk

Lunch
Ham Deli Sandwich
Gr. Leaf/Tomato
Baked Chips
Celery & Carrot Stick
Fresh Fruit
Choice of Milk

Six U.S. states produce almost all of our nation's apples – and #1 produces more than half! Can you identify them?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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

SUMMER MEALS! ALL KIDS EAT FREE!

Must be 18 or under for free meals.

Monday-Thursday, 10:45 am - 12:00 pm
June 01 - July 22, 2021

Serving at Primary, Middle, High School student Drop Off, KinDah Lichil Chapter, Cornfields Chapter, Steamboat Route, Nazini Route, Ganado ADOT, Klagetoh Housing

Ganado Schools Food Services Summer Feeding Program