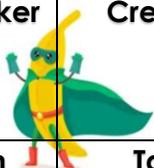
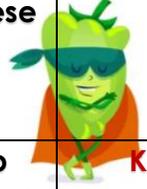




Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Graham Cracker Milk Fruit 	Whole Grain Bagel Cream cheese Milk Fruit	Whole Grain Cereal Graham Cracker Milk Fruit	Whole Grain Bagel Cream cheese Milk Fruit 	Whole Grain Kitchen Choice  Milk Fruit
Whole Grain PB and J Cucumber Cup Pretzels Ranch Fresh fruit Milk	Taco Salad Chicken, Cheese Veggies, Fiesta Corn Lettuce Tortilla Chips Whole Grain Roll Fresh fruit Milk	Breakfast for Lunch Pancakes Syrup Carrots and Hummus Fresh Fruit Milk 	Turkey Sub Broccoli Salad Pretzels Hummus Fresh fruit Milk	KITCHEN CHOICE Will announce the day of: Pizza or Pizza Dunkers Side Salad Fresh Fruit Milk
PB and J option available ONLY by pre order before 9:30 a.m.	 <p>REMEMBER TO STAY HYDRATED WITH PLENTY OF PLAIN DRINKING WATER!</p>	<p>JUNE 2021 MENU</p> <p>June menu starts June 1st</p>	 <p>Allergy alternatives available with appropriate medical documentation.</p>	<p>Check out the other side for great tips on having a healthy and Finn Fit summer!</p>

We are a CEP School. All breakfast and lunch meals served are FREE to all scholars. DUE to Covid and sanitation concerns, all children will be eating in their classroom with their cohorts. There will be **no ala carte this year. All meals served as is unless allergies are noted, or alternative is ordered by 9:30 a.m.*

Finn Academy is an Equal Opportunity Employer.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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Hello Finn Families!

Summer is almost here! What can you and your family do to stay healthy this summer? Here are some resources and ideas to help your summer be safe, enjoyable and above all, Finn Fit!

<https://www.healthiergeneration.org/articles/3-ways-families-can-promote-fun-wellness-at-home>

1. Try a New Hobby or Activity

Now is a great time for kids and adults alike to explore new forms of physical activity. Try dancing, jumping rope, or yoga. Start and herb garden, flower garden or vegetable garden.

2. Balance Screen Time

Swap family movie night for family story night. Take turns reading your favorite book or acting out the story! Create a device-free nighttime winddown plan to build a routine for healthy sleep.

3. Connect in the Kitchen (Ms. Navone's favorite!)

Everyone—including younger children—can be involved in meal preparation. Invite children to help select healthy recipes and prepare food your whole family can enjoy together. The cooking process can support the development of planning and decision-making skills, as well as reinforce lessons about nutrition and healthy eating.

Ways children can help:

Sort and put away groceries

Select which vegetables or fruit to include in a meal

Set the table before a meal begins

Lead the family in the steps to plan a meal.

Prep vegetables for snacking or cooking

**And remember to get outside, get some fresh air,
move your bodies, eat lots of fruits and vegetables!**

And don't forget to HYDRATE!

More resources:

<https://www.healthiergeneration.org/articles/5-tips-to-keep-your-family-healthy-and-active-this-summer>

<https://www.healthiergeneration.org/articles/make-the-most-of-mealtimes>

<https://www.childrens.com/health-wellness/10-summer-safety-tips-for-kids>

<https://health.clevelandclinic.org/how-to-make-the-end-of-summer-better-and-safer-for-kids/>

