

# JUNE 2004 MENUS

## FUNTASTIC NEWS

### Say Cheese!

June is Dairy Month! What better time to enjoy delicious, nutritious cheese? And what better time to learn about it?

### A happy accident

According to legend, cheese was "discovered" 4,000 years ago when an Arabian merchant journeyed across the desert, carrying a supply of milk in a pouch. The lining of the pouch, combined with the heat of the sun, caused the milk to separate into curd and whey. That night he drank the whey and ate the cheese, and thus, so the story goes, our beloved cheese was born.

### Cheese spreads

The art of cheese making traveled from Asia to Europe and flourished. Of course, when the Pilgrims voyaged to America in 1620, they made sure the Mayflower was stocked with cheese. After all, they had to bring along something to make the trip bearable.

Source: [www.ilovecheese.com](http://www.ilovecheese.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Funtastic News articles provided by the National Dairy Council</p>	<p><b>1</b></p> <p><u>Breakfast:</u> Pop Tart or Cereal</p> <p><u>Lunch:</u> Hot Dog, Peaches, Cauliflower, Fritos</p>	<p><b>2</b></p> <p><u>Breakfast:</u> Pancakes and *Sausage</p> <p><u>Lunch:</u> Chickenburger, Tater Tots, Peas &amp; Carrots, Pears</p>	<p><b>3</b></p> <p><u>Breakfast:</u> Donut Day</p> <p><u>Lunch:</u> *Soft Shell Tacos, Corn, Cinnamon Churro, Juice</p>	<p><b>4</b></p> <p><u>Breakfast:</u> French Toast</p> <p><u>Lunch:</u> *Pizza, Garden Salad, Applesauce MS/HS: Stromboli</p>
	<p><b>7</b></p> <p><u>Breakfast:</u> To be Announced</p> <p><u>Lunch:</u> Special Menu to be Announced</p>	<p><b>8</b></p> <p><u>Breakfast:</u> To be Announced</p> <p><u>Lunch:</u> Special Menu to be Announced</p>	<p><b>9</b></p> <p><u>Breakfast:</u> To be Announced</p> <p><u>NO LUNCH</u> <i>SCHOOL DISMISSED AT NOON</i></p>	<p><b>10</b></p>
<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>HAVE A GREAT SUMMER VACATION!</b></p>				
<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p>Lunch menu includes assorted fresh vegetables with dip and fresh fruit.</p> <p>All meals include choice of milk. Breakfast menu includes juice or fruit.</p> <p>*Item may contain pork.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>	

## Time Saving Tip



Keep some shredded cheese in the refrigerator ready to throw on casseroles and other foods at the last minute.



## Web Surfers

Cheese lovers will want to learn more about their favorite food at:

[www.ilovecheese.com](http://www.ilovecheese.com)

## This Month's Activities

- Encourage your kids to read this summer. Make frequent trips to the library. Remember reading for fun is important too!
- Behold the power of cheese and add more of this high calcium food to the dishes you prepare this summer!
- Plan summer fun. Don't let summer pass you by without visiting: nature areas, a beach, a farm, parks, the zoo, and a museum.