

2017

The Month
of

June

RYE JUNIOR HIGH SCHOOL
SAU 50

Student lunch for the month
of
June
\$38.50
Daily student lunch
\$2.75
Daily Adult lunch
\$4.00
Milk
.40

Menu subject to change

Thursday, June 1

Baked BBQ chicken with
coleslaw
Or
Chicken salad on a
croissant
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Friday, June 2

Domino's
cheese or pepperoni
pizza
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Monday, June 5

Chicken tenders
w/herb rice
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Tuesday, June 6

Breakfast for lunch
(French toast sticks or
pancakes) and sausage
Or
Tuna salad on a
croissant
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Wednesday, June 7

Pasta day
w/meat or plain sauce
Or
Chicken Caesar Wrap
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Thursday, June 8

Chicken fajita
w/all of the fixings
Or
Turkey Sandwich
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

Friday, June 9

Papa Gino's
cheese or pepperoni
pizza
Or
Sunflower butter
& jelly sandwich
Full salad bar w/ fresh
fruits and vegetables

All breads and grains
are whole wheat.
All meals come with a
choice of milk:
Fat Free, 1% Low Fat
or Fat Free Chocolate
Each student must pick
a fruit or vegetable



Monday, June 12
 Popcorn chicken w/buttery pasta
 Or
 Sunflower butter & jelly sandwich
 Full salad bar w/ fresh fruits and vegetables

Tuesday, June 13
 Quesadillas
 Or
 Fish Sandwich
 Or
 Sunflower butter & jelly sandwich
 Full salad bar w/ fresh fruits and vegetables

Wednesday, June 14
 Meatball sub
 Or
 Ham and cheese melt
 Or
 Sunflower butter & jelly sandwich
 Full salad bar w/ fresh fruits and vegetables

Thursday, June 15
 Pulled pork on a bulky roll
 Or
 Chicken salad wrap
 Or
 Sunflower butter & jelly sandwich
 Full salad bar w/ fresh fruits and vegetables

Friday, June 16
 Field Trip Day!!!
 Have a wonderful time!

Monday, June 19
 Hot dog and beans
 Or
 Sunflower butter & jelly sandwich
 Full salad bar w/ fresh fruits and vegetables

Tuesday, June 20
 EARLY RELEASE DAY
 6th and 7th grade cook out

Notice
All students' lunch accounts must be paid in full. Students will not be able to carry a negative balance.

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What's In Season?
JUNE
 facebook.com/YellowTurtleFitness

	-Low in calories -Helps relieve Arthritis -Melatonin contributes to better sleep
	-Great for Weight Management -Helps normalize Blood Sugar -Anti-Inflammatory
	-Beneficial for those with Anemia -Helps Prevent Kidney Stones -High Fiber Helps Regulate Cholesterol
	-Strong cleansing Diuretic -High Iron; Beneficial to Pregnant Women -Anticarcinogenic
	-Nutrient Dense; Boosts Immunity -Helps Prevent Macular Degeneration -Anti-aging properties

Get Fit For Summer

Learn to Run for Fun

Top Tips!

- 1 Set Achievable Goals**
 See how far you can run and how long that takes you, then two or three weeks down the line try to either extend your distance, incrementally, or pull off the same distance in a quicker time.
 Just set small, manageable targets that you can look to achieve and even beat every few weeks.
- 2 Realise Your Goals**
 Record, monitor, analyse and share your every energetic move through health and fitness devices and smartphone apps.
- 3 Get The Right Gear**
 Invest in the essentials like proper fitting running shoes and breathable clothing.
- 4 Get MORE Motivation**
 A completely free motivational program for complete beginners is the NHS Couch to 5K program.

Top Facts!

- 1 Running Makes Your Heart More Efficient**
 Running conditions your heart to pump strongly and efficiently, making better use of the oxygen in your blood with each heartbeat.
- 2 Air Resistance Burns More Energy**
 Running outdoors at the same pace as on the treadmill burns more energy, purely due to air resistance!
- 3 Most Common Running Injuries**
 The most common injuries runner's experience are runner's knee, stress fractures, shin splints, Achilles tendinitis, muscle pull, ankle sprains, and plantar fasciitis.
- 4 Best Injury Prevention Strategies**
 The best prevention strategies for running injuries always include "a strong body, good form, and the right shoe."

Sources
 MedicineNet <http://www.medicinenet.com/running/page3.htm>
 MedicineNet <http://www.medicinenet.com/running/page4.htm>
 Runner's World <http://www.runnersworld.com/injury-prevention-recovery/how-to-prevent-common-running-injuries>
 Vectortips <http://www.freepik.com/>