



May 2017

Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Healthy Living Tips: Sun Safety for Children</p>	<p>1. Mac & Cheese Green Beans Apple Sauce Milk</p>	<p>2. Chicken and Rice Peas Watermelon Milk</p>	<p>3. Grilled Cheese on Whole Wheat Broccoli Apple Slices Milk</p>	<p>4. Pasta salad with Turkey, Peas & Carrots Melon Milk</p>	<p>5. Sunbutter and Jelly on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p><i>of reflected light.</i> 2. <i>Generously apply sun-screen 30 minutes before your child goes out in</i></p>
<p><i>The Skin Cancer Foundation estimates that 80% of lifetime sun exposure occurs during childhood.</i></p>	<p>8. Pasta w/Turkey Meatballs Peas Peach Slices Milk</p>	<p>9. Ham Sandwich on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p>10. Turkey Hot Dogs Baked Beans Melon Milk</p>	<p>11. Turkey Sandwich on Whole Wheat Broccoli Apple Slices Milk</p>	<p>12. Cheese Quesadillas with Salsa Green Beans Watermelon Milk</p>	<p><i>the sun. Re- apply sun-screen every 2-3 hours or after sweating or swimming.</i> 3. <i>Wearing protective</i></p>
<p><i>Studies have shown that just one blistering sun-burn can double the risk of getting melanoma later in</i></p>	<p>15. Pasta w/Alfredo Sauce Broccoli Apple Sauce Milk</p>	<p>16. Sunbutter & Jelly on Whole Wheat Green Beans Melon Milk</p>	<p>17. Pasta Salad W/Turkey, Peas, and Carrots Orange Slices Milk</p>	<p>18. Grilled Cheese on Whole Wheat Cucumber Slices Watermelon Milk</p>	<p>19. Chicken & Rice Peas Apple Slices Milk</p>	<p><i>clothing and a hat is one of the most important ways of warding off UV damage.</i> 4. <i>Some medications</i></p>
<p><i>life. We can protect our children by following these easy tips.</i> 1. <i>Limit outdoor play-time between 10 am</i></p>	<p>22. American Chop Suey w/Ground Turkey Peas, Peach Slices Milk</p>	<p>23. Cheese Quesadilla w/Salsa Broccoli Apple Slices Milk</p>	<p>24. Turkey on Whole Wheat Green Beans Watermelon Milk</p>	<p>25. Cinnamon Pancake Apple Slices w/ Sunbutter dip Milk</p>	<p>26. Turkey Hot Dog Baked Beans Melon Milk</p>	<p><i>increase the skin's sensitivity to the sun, so make sure to ask your doctor whether your child may be at risk.</i></p>
<p><i>and 4 pm. Even on cloudy or cooler days, ultraviolet rays remain strong. Shady spots can be just as tricky because</i></p>	<p>29. Closed For Memorial Day</p>	<p>30. Pasta w/Marinara Sauce Green Beans Apple Sauce Milk</p>	<p>31. Chicken & Rice Peas Orange Slices Milk</p>			<p><i>For more info visit:</i> www.parents.com</p>

Breakfast: Cheerios, Fruit, Bananas, Toast, Juice & Milk *Whole Milk is All Natural & Free of Growth Hormones*
Snacks: Goldfish, Golden Grahams/Cheerios Mix, Graham Crackers, Gerber Fruit Puffs, Fresh Fruit, Yogurt, Cheese, Veggie Sticks, Wheat Thins, Craisins