












# JUNE



# Neighborhood Christian Center

Hugs, Hurdles & Happy Hearts for the Mind, Body & Soul - Since 1981

"He made us, and we are His. We are His people, the sheep of His pasture." Psalm 100:3

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Apples & CARROTS Milk  Raisins & Green beans Milk	2 Bananas & Cucumbers Milk  Apples & Celery MILK	3 Raisins & Broccoli Milk  Oranges & Potatoes Milk	
	6 Apples & Celery Milk  Raisins & Carrots Milk	7 Bananas & Squash Milk  Oranges & Spinach Milk	8 Raisins & Cucumbers Milk  Apples & Potatoes Milk	9 Banana & Green beans Milk  Watermelon & Broccoli Milk	10 Oranges & Carrots Milk  Bananas & Cucumbers Milk	
	13 Raisins & Carrots Milk  Oranges & Potatoes Milk	14 Watermelon & Celery Milk  Apples & Broccoli Milk	15 Oranges & Green beans Milk  Bananas & Cucumbers Milk	16 Watermelon & Spinach Milk  Raisins & Celery Milk	17 Bananas & Cumpers Milk  Oranges & Carrots Milk	
	20 Raisins & Celery Milk  Apples & Carrots Milk	21 Bananas & Green beans Milk  Oranges & Broccoli Milk	22 Watermelon & Squash Milk  Bananas & Cucumbers Milk	<b>23</b> Oranges & Carrots Milk  Raisins & Spinach Milk	<b>24</b> Bananas & Cucumbers Milk  Apples & Potatoes Milk	
	27 Oranges & Carrots Milk  Bananas & Broccoli Milk	28 Watermelon & Spinach Milk  Apples & Potatoes Milk	29 Bananas & Broccoli Milk  Oranges & Cucumbers MILK	30 Apples & Squash Milk  Raisins & Celery Milk		

NOTE: "All snacks are sliced thin for easy consumption" SNACK PORTIONS PER CHILD: 1/2 cup Fruits, Vegetables & Raisins 3 Ounces Milk (AM & PM)  
SOURCES: Cash & Carry & Safeway