



LUNCH MENU

GRAB N' GO MEAL SERVICES

STEAM Academy Menu March 23-27

Monday

Sun Butter & Jelly
Fruit + Veg + Milk

Breakfast for next day:
Benefit Bar
Fruit + Milk

Tuesday

Chicken Sandwich
Fruit + Veg + Milk

Breakfast for next day:
Cinn~a~bun
Fruit + Milk

Wednesday

Turkey Sub
Fruit + Veg + Milk

Breakfast for next day:
Muffin + Cracker
Fruit + Milk

Thursday

Chicken Nuggets
Fruit + Veg + Milk

Breakfast for next day:
Cereal + Cracker
Fruit + Milk

Friday

Spaghetti + Bread Stick
Fruit + Veg + Milk

Breakfast for next day:
Cereal bar + Cracker
Fruit + Milk

IMMUNE-BOOSTING TIPS

- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat a mostly plant-based diet
- Fill 1/2 your plate with colorful vegetables
- Eat healthy fats (fatty fish, nuts, olives)
- Move your body (stretch, dance, walk)
- Eat probiotic-rich foods (yogurt, miso, curtido)
- Eat prebiotic-rich foods (vegetables, beans)
- Cook with garlic
- Minimize desserts and added sugar



This institution is an equal opportunity provider.
Menu is subject to change.

