



LUNCH MENU

GRAB N' GO MEAL SERVICES

Banta Elementary Menu June 30th- July 6th

Pickup on TUESDY'S only 11:30-1:00

Monday

Cheese Sticks with
marinara
Fruit + Veg + Milk
Breakfast for next day:
Breakfast Wrap
Fruit + Milk

Tuesday

Loaded Nachos
Fruit + Veg + Milk
Breakfast for next day:
Mini Bagel with cream
cheese
Fruit + Milk

Wednesday

Meatball sub
Fruit + Veg + Milk
Breakfast for next day:
Cereal
Fruit + Milk

Thursday

Pizza
Fruit + Veg + Milk
Breakfast for next day:
Benefit Bar
Fruit + Milk

Friday

Hot Dog
Fruit + Veg + Milk
Breakfast for next day:
Benefit bar
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.

