

June 2026



Good Shepherd/Little Sheep



Announcements

GSLs Summer camp
Every Friday is pool day at Bastrop State park!



Monday	Tuesday	Wednesday	Thursday	Friday
1 B: WG cinnamon Bagels, cream cheese, peaches, milk L: Orange chicken, rice, Fresh Broccoli, sliced apples, milk S: Animal crackers, raisins	2 B: Blueberry muffins, pineapple, milk L: Hamburger steak with gravy, rice, mandarin oranges, fresh carrots, milk S: WG wheat thins, string cheese	3 B: Waffles, syrup, peaches, milk L: Beef burritos, corn blueberries, milk S: WG graham crackers, applesauce	4 B: WG pancakes, syrup, sliced apples, milk L: Grilled cheese, tomato soup, milk, sliced oranges S: saltine crackers, sliced cheese	5 B: WG variety cereal, bananas, milk L: Turkey sandwich, fresh kale salad, apricots, milk S: 100% apple Juice, Ritz crackers
8 B: Biscuits, jam, pineapple, milk L: Chicken Teriyaki, rice, broccoli, peaches, milk S: Yogurt, WG cheerios	9 B: Cinnamon raisin bread, butter, pineapple, milk L: Frito pie with beef, beans, pears, milk S: Applesauce, WG Grams	10 B: Kolaches, peaches, milk L: Xtra cheesy mac n cheese, mixed veggies, mango, milk S: WG Wheat thins, string cheese	11 B: WG bagels, cream cheese, sliced apples, milk L: chicken fajita tacos, black beans, fresh tomatoes, milk S: saltine crackers, sliced cheese	12 B: WG variety cereal, bananas, milk L: Cheese Pizza, fresh house salad, pineapple, milk S: 100% apple Juice, WG Fritos
15 B: Blueberry muffins, pineapple L: Corndogs, peaches, cucumber, pretzels, milk S: Yogurt, WG Cheerios	16 B: Waffles, syrup, pears, milk L: Ravioli, saltines, fresh carrots, Tropical fruit salad, milk S: Ritz Crackers, String cheese	17 B:WG pancakes, syrup, blueberries, milk L: Baked beans, ham, roll, garden salad, peaches, milk S: WG Graham cracker Blueberries	18 B: Biscuits, jam, mandarin oranges, milk L: WG Beef sloppy joes, pears, green beans, milk S: sliced oranges, pretzels	19 
22 B: Cinnamon raisin bread, butter, Pineapple, milk L: Chicken nuggets, corn, Sliced bread, peaches, milk S: WG sun chips, sliced cheese	23 B: Kolaches, pears, milk L: Bean and cheese soft tacos, Fresh tomatoes, peaches, S: WG Graham crackers, sun butter	24 B: Bagels, cream cheese, pineapple, milk L: WG Hamburgers, kale salad, sliced apples, milk S: animal crackers, raisins	25 B: Blueberry muffins, mandarin oranges, milk L: Cheesy Marinara pasta, Kale salad, pears, milk S: WG wheat thins, hummus	26 B: WG variety cereal, bananas, milk L: Ham and cheese wraps, mandarin oranges, fresh broccoli, milk S:100% apple juice, club crackers
29 B: Waffles, syrup, Milk L: Crispy chicken sandwich, mashed potatoes, baby carrots, milk S: WG Fritos, string cheese	30 B: WG pancakes, pineapple, milk L: Chili with beef and beans, mango, crackers, Blueberries, milk S: Cheese its, Sliced oranges	 <h1>STAY HYDRATED</h1>		

KIDS' SUMMER HEALTH TIPS

- STAY HYDRATED**
Drink plenty of water (not soda). Bring a water bottle everywhere.
- SUN PROTECTION**
Wear sunscreen (SPF 30+) daily. Reapply every 2 hours and after swimming.
- BEAT THE HEAT**
Limit outdoor play during hottest hours (10 AM - 4 PM). Seek shade often.
- EAT HEALTHY SNACKS**
Enjoy fresh fruits and vegetables. They have water and vitamins.
- STAY ACTIVE SAFELY**
Play games, swim, bike, and run. Use safety gear (helmets, flippers).
- COOL DOWN**
Take cool breaks. Get enough rest and sleep every night.

★ STAY SAFE, HAVE FUN, AND ENJOY THE SUMMER! ★



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TEXAS DEPARTMENT OF AGRICULTURE
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