



JULY BREAKFAST



		Thursday – 7/1 Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup
Tuesday – 7/6 NO BREAKFAST DELIVERY 	Wednesday – 7/7 Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	Thursday – 7/8 Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins
Tuesday – 7/13 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Wednesday – 7/14 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	Thursday – 7/15 Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit
Tuesday – 7/20 Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Raisin Bran Cereal	Wednesday – 7/21 Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers	Thursday – 7/22 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel Peanut Butter Pineapple Tidbits
Tuesday – 7/27 Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	Wednesday – 7/28 Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit	Thursday – 7/29 Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit

JULY	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	666	94.9	905
Week 2	723	96.5	936
Week 3	706	95.5	895
Week 4	689	92.8	900
Daily Standard		100 grams	800-1000mg
Targeted Daily	650-750		

Healthy Living Tips-Get Set for a Healthy Summer

In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks. Start planning to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home's air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, and shopping malls.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breathe easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity

https://acl.gov/sites/default/files/news%202017-03/HealthyLivingTips_Healthy_Summer.pdf



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Some of Jerry Seinfeld's favorite material organized decade by decade.

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Popular social media comedian Heather Land returns with more essays that shine a hilarious light on everyday moments, from the ridiculous to the sublime.

Lessons From Lucy: the simple joys of an old, happy dog by Dave Barry (Non-Fiction)
How to age gracefully, taking cues from his beloved and highly intelligent dog, Lucy.

You can date boys when you're forty by Dave Barry (Non-Fiction)
Everything from family trips, bat mitzvah parties and dating (And Dave Barry is serious about that title).

The Everything Big Book of Jokes Book by Evan Thomas (Non-Fiction)
Hundreds of the shortest, longest, silliest, smartest, most hilarious jokes you've ever heard.

Vintage Kansas City Stories Book by L. A. Little (Non-Fiction)
News, Ads, and Jokes from the Kansas City Journal, 1907-1909.

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