



# The Apple Tree School

## Summer News

We've planned buckets of fun for your child this summer at Apple Tree! The Apple Tree team can't wait to CELEBRATE SUMMER, enjoying God's glory with you!

Our full-time students are already enrolled for summer. Pick up your calendar of awesome activities at the front desk. Yes! Part-time students can come, too. Turn in your summer registration today!

We have weekly themed FUN for everyone! Explore and create every day! School-age campers enjoy field trips two or three days each week.



## Summer Dress Code

Uniforms are not required for the summer program. Children may wear appropriate "play clothes" to school.

Please continue to wear sneakers instead of sandals to keep little toes safe.

**Apple Tree t-shirts are required for all field trips.**



## Splash Day

On Splash Day Fridays, please bring your child in the morning **wearing sunscreen and swimwear with or under their clothes.**

We will enjoy a morning of outdoor water play in our swimsuits, then dry off and change before lunch.

Don't forget to pack **a towel** and make sure your child has **clothes (including underwear)** to put on after splashing. **Please mark all items with your child's name.** Wet clothes and towels will come home in a plastic bag to be washed over the weekend.

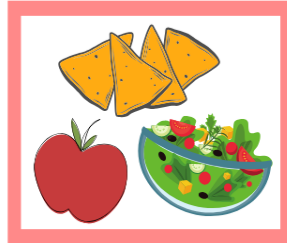
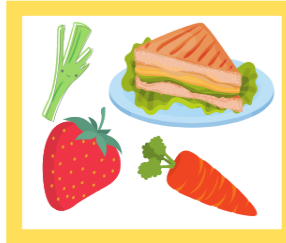
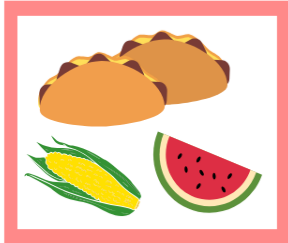
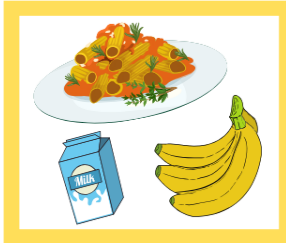
# The Apple Tree School Menu

Our menu is packed with nutrient rich foods to benefit the health of your child. We strive to use fresh seasonal fruits and vegetables, incorporate whole grains where we can, and avoid added sugars and high fructose. Our children may eat as much as they like!

"Give us today  
our daily bread."  
Matthew 6:11

## Weeks 1 & 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> 100% Whole Grain Oatmeal w/ Banana and 2% Milk	<b>Breakfast:</b> Old Fashioned Buttermilk Pancakes and 2% Milk	<b>Breakfast:</b> Whole Grain Oat Cheerios w/ Fresh Blueberries and 2% Milk	<b>Breakfast:</b> American Cheese toasted on Wheat and Orange Juice	<b>Breakfast:</b> Bagel w/ Cream Cheese, Fresh Cut Seasonal Fruit and 2% Milk
<b>AM &amp; PM Snacks:</b> Crispy Rice Cakes and Apple Juice	<b>AM &amp; PM Snacks:</b> Veggie Chips and Apple Juice	<b>AM &amp; PM Snacks:</b> Honey Graham Crackers and 2% Milk	<b>AM &amp; PM Snacks:</b> Ritz Crackers, Fresh Cut Seasonal Fruit & 2% Milk	<b>AM &amp; PM Snacks:</b> Whole Grain Cheerios or Popcorn and Apple Juice
<b>Lunch:</b> Italian Pasta w/ Ground Meat and Marinara Sauce, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Bean and Cheese Soft Taco, Corn, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Chicken Salad Sandwich, Carrots and Celery, Fresh Cut Seasonal Fruit and 2%	<b>Lunch:</b> Black Bean, Corn and Tomato Salad, Tortilla Chips, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Grilled Chicken Rotini Pasta Salad, Fresh Cut Seasonal Fruit and 2% Milk
<b>Evening Snack:</b> Apples, American Cheese and 2% Milk	<b>Evening Snack:</b> Premium Carrots and Celery w/ Ranch and Apple Juice	<b>Evening Snack:</b> American Cheese on Wheat and Apple Juice	<b>Evening Snack:</b> Fresh Cut Seasonal Fruit and 2% Milk	<b>Evening Snack:</b> String Cheese and 2% Milk



## Weeks 2 & 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Homestyle Waffle, Banana and 2% Milk	<b>Breakfast:</b> 100% Whole Grain Oatmeal w/ Raisins and 2% Milk	<b>Breakfast:</b> Yogurt w/ Fresh Fruit and 2% Milk	<b>Breakfast:</b> Buttered Southern Cheese Grits and 2% Milk	<b>Breakfast:</b> Smoked Sausage wrapped in Buttermilk Biscuit and Orange Juice
<b>AM &amp; PM Snacks:</b> Veggie Chips and Apple Juice	<b>AM &amp; PM Snacks:</b> Honey Graham Crackers and 2% Milk	<b>AM &amp; PM Snacks:</b> Crispy Rice Cakes and Apple Juice	<b>AM &amp; PM Snacks:</b> Whole Grain Cheerios or Popcorn and Apple Juice	<b>AM &amp; PM Snacks:</b> Ritz Crackers, Fresh Cut Seasonal Fruit and 2% Milk
<b>Lunch:</b> Macaroni and Cheese, Green Beans, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Turkey Sandwich on Wheat, Premium Carrots and Celery w/ Ranch, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Turkey, Cheese and Lettuce Tortilla Wrap, Cucumber Slices, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Ham and Cheese on Ritz Crackers, Fresh Cut Seasonal Fruit and 2% Milk	<b>Lunch:</b> Pepperoni Grilled Cheese Sandwich, Fresh Cut Seasonal Fruit and 2% Milk
<b>Evening Snack:</b> Apples, American Cheese and 2% Milk	<b>Evening Snack:</b> American Cheese on Wheat and Apple Juice	<b>Evening Snack:</b> String Cheese and 2% Milk	<b>Evening Snack:</b> Premium Carrots and Celery w/ Ranch and Apple Juice	<b>Evening Snack:</b> Fresh Cut Seasonal Fruit and 2% Milk

