



International School

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lunch: Delicious Deli Pack, fresh fruit, and veggies Lunch: Chicken Caesar Salad Tray, fresh fruit, and veggies Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies
4	5	6	7 Lunch: (V, GF) Macho Nacho Pack, fresh fruit, and veggies Lunch: Chicken Bacon Ranch Pasta Salad, fresh fruit, and veggies Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, fresh fruit, and veggies	8 Lunch: Chef Salad Tray, fresh fruit, and veggies Lunch: Turkey & Provolone Hoagie, fresh fruit, and veggies Lunch: (V, GF, DF) GF Hummus Veggie Wrap, fresh fruit, and veggies
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH, ORGANIC FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and International School are equal opportunity providers.

Family Summer Fun

1. Throw a Sprinkler Party – Make the most of the backyard's resilience to good messy fun with a sprinkler party that allows kids to splish and splash all afternoon.
2. Camp out in the back yard – Pitch a tent, find the sleeping bags and set up for a night of becoming one with nature. Mom and Dad can make a surprise appearance to tell ghost stories!
3. It doesn't matter how old or young you are, bubbles are fun! Bust out the bubbles and blow! The whole family will have a blast.
4. Watch an outdoor movie – Grab some popcorn, rent a projector and hook it up to your computer. Hang a sheet and play the movie. You'll love having a movie theatre in your backyard!
5. Visit the Oregon Zoo – The Oregon Zoo provides a home to animals from all corners of the world. There are classes and camps that let kids touch, learn and understand why it is important to care about conserving the planet's wildlife diversity!

Kid's Corner: Sponge Ball

You will need three $\frac{1}{2} \times 2 \frac{3}{4} \times 4 \frac{1}{4}$ inch sponges. Use new sponges, and be sure not to wet them ahead of time; they are easier to cut straight out of the package. With a pen and a ruler, make five lines lengthwise on a sponge, each $\frac{1}{2}$ inch apart. Use scissors to cut the sponge, using the lines as a guide, into six rods. Repeat with the other two sponges. Lay strips on top of each other in three layers, five to six to a layer. Cinch them across the middle with a piece of string; knot it tightly. Fluff pieces out into a ball. Soak in water and have a ball!



Kid's Corner:

Strawberry Banana Popsicles... with a twist!

Banana layer:	Strawberry Layer:
2 Bananas	3 cups cut strawberries
2 handfuls of Spinach	$\frac{1}{2}$ cup Vanilla Yogurt
3 Tbsp Vanilla Yogurt	Water, as needed to blend
$\frac{1}{2}$ cup water (or as needed)	

*Add some honey to either layer if you would prefer them sweeter.

1. Make whichever layer you would like first by adding all the ingredients for that layer into the blender and blending until smooth.
2. Pour the contents of the blender into whatever you are using as a popsicle mold, up to about the half way mark.
3. Freeze the first layer with the popsicle stick in it.
4. Once frozen you can make the second layer in the blender, then pour it over the first layer in the mold. Now place back in the freezer to complete the process. Once fully frozen, eat and enjoy!



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