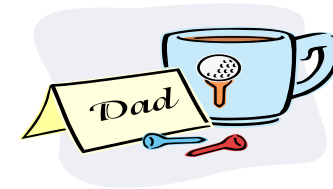


# June 2025

## Precious Memories Place



SUN	MON	TUE	WED	THU	FRI	SAT
<u>Healthy Living Tips</u> With the summer come the mosquito & tick bites and with the bites come the bug-borne diseases. While the threat of	2) Mac & Cheese Broccoli Applesauce Milk	3) Sunbutter & Jelly on Whole Wheat Cucumber Slices Watermelon Milk	4) Cinnamon Pancakes Apple Slices w/ Sunbutter dip Milk	5) Pizzadilla Green Beans Melon Milk	6) Ground Turkey Taco w/Lettuce, Tomato and Cheese Chips Orange Slices Milk	A study of mosquito repellents found that the soy-based Bite Blocker for Kids was the most effective natural alternative to DEET. This
West Nile virus or Lyme disease might make us uneasy, so might applying our children with a chemical bug repellent every day.	9) Pasta w/Turkey Meatballs Peas Peach Slices Milk	10) Turkey Hot Dogs Baked Beans Apple Slices Milk	11) Grilled Cheese on Whole Wheat Broccoli Watermelon Milk	12) Chicken Nuggets Cucumber Slices Orange Slices Milk	13) Chicken, Broccoli Alfredo Pasta Melon Milk	Natural bug repellent offered more than 90 minutes of protection, better than some low-concentration DEET products.
The good news is that there are some all-natural bug killers that can keep insects off you, your children, your pets, and your	16) Pasta w/ Alfredo Sauce Green Beans Applesauce Milk	17) Turkey Sandwich on Whole Wheat Carrots Orange Slices Milk	18) Pasta Salad w/ Turkey, Peas, & Carrots Melon Milk	19) <b>Closed – Juneteenth</b>	20) Cheese Quesadillas w/ Salsa Cucumber Slices Watermelon Milk	If you do decide to use a DEET insect repellent, do it wisely. DEET is an insecticide and it can affect the nervous system. The American
The bug sprays on the market-including ones with DEET- have been deemed safe by the EPA; at least when used as directed. Still, many	23) American Chop Suey w/Ground Turkey Peas Peach Slices Milk	24) Grilled Cheese on Whole Wheat Broccoli Melon Milk	25) Chicken and Pasta Green Beans Orange Slices Milk	26) Turkey Hot Dogs Baked Beans Watermelon Milk	27) Cinnamon Pancakes Apple Slices w/ Sun Butter Dip Milk	Academy of Pediatrics recommends using repellents with no more than a 30% concentration of DEET for children over 2 months.
parents want to limit their children's exposure to potentially toxic chemicals. So what are some natural bug repellent alternatives?	30) Pasta & Sauce Green Beans Applesauce Milk	Please be advised that food prepared here may contain these ingredients: 				They also recommend using a pump spray instead of aerosol. For more information: <a href="http://www.webmd.com">www.webmd.com</a>

Breakfast: Cheerios, Fruit Cheerios, Bananas, Toast, Juice & Milk \*Whole Milk is All Natural & Free of Growth Hormones\*  
 Snacks: Goldfish, Veggie Sticks, Cinnamon Toast Crunch/Cheerios Mix, Gerber Fruit Puffs, Fresh Fruit, wheat thins