
Monday Tuesday Wednesday Thursday

## Friday




Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

## NUTRITION NEWS:

Did you know June is National Dairy Month? Dairy is important because it contains nine
essentials nutrients, including
vitamin D and calcium. Try to get
three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach
salad. We've got you covered at lunch as your meal always comes with : a milk

Student Breakfast \$1.50

Adult Breakfast \$1.80

Reduced Breakfast \$0.30


## Cereal with

 Graham Crackers Assorted Fruit 100\% Juice Milk Selection78

## Bagel with Cream Cheese

 Or Assorted Fruit 100\% Juice Milk Selection14
Bagel with
Cream Cheese Or Donut
Assorted Fruit 100\% Juice Milk Selection

21 | Half Day |
| :---: |
| Bagel with |
| Cream Cheese |
| Oor |
| Donut |
| Assorted Fruit |
| $100 \%$ Juice |
| Milk Selection |

Cereal with Graham Crackers
Assorted Fruit
100\% Juice Milk Selection

15
Cereal with Graham Crackers

Assorted Fruit 100\% Juice Milk Selection

22 Half Day Cereal with Graham Crackers
Assorted Fruit
100\% Juice
Milk Selection
LAST DAY OF
school

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www.maschiofood.com


MENU SUBJECT

