

Get a Healthy Start to Your Day with School Breakfast!

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

option.

Student Breakfast \$1.50

Adult Breakfast \$1.80

Reduced Breakfast \$0.30



Cereal with Graham Crackers

Monday

Assorted Fruit 100% Juice Milk Selection

Bagel with Cream Cheese Or **Donut**

Tuesday

Assorted Fruit 100% Juice Milk Selection

Bagel with

Cream Cheese

Or

Donut

Assorted Fruit

100% Juice

Milk Selection

Cereal with Graham Crackers 12

19

Assorted Fruit 100% Juice Milk Selection

11

18

25

Cereal with **Graham Crackers**

Assorted Fruit 100% Juice Milk Selection

Bagel with Cream Cheese Or **Donut**

Assorted Fruit 100% Juice Milk Selection

26

Cinnamon Bun or Cereal

Wednesday

Assorted Fruit 100% Juice Milk Selection

> 13 Cinnamon Bun Cereal

Assorted Fruit 100% Juice Milk Selection

20 Cinnamon Bun or Cereal

> Assorted Fruit 100% Juice Milk Selection

Bagel with Cream Cheese Or Donut

Thursday

Assorted Fruit 100% Juice Milk Selection

14 Bagel with Cream Cheese Or Donut

> Assorted Fruit 100% Juice Milk Selection

Half Day

Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice

Milk Selection

Cereal with **Graham Crackers**

Friday

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**

27



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