

# Decker School

## June 2017 Breakfast Menu



Healthy Meals Grow Healthy Kids!

### 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!

**ALL MEALS SERVED WITH 100% FRUIT JUICE  
CHILLED FRUIT  
MILK SELECTION**

**Student Breakfast**

**\$1.50**

**Adult Breakfast**

**\$2.25**

**Reduced Breakfast**

**\$0.30**






### Nutrition News

**June is National Dairy Month!**

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). Don't forget to select a cold low-fat milk with your lunch!

**MASCHIO'S MAIN EVENT**

Monday	Tuesday	Wednesday	Thursday	Friday
  			<b>1</b> Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>2</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
<b>5</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>6</b> Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>7</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>8</b> Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>9</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
<b>12</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>13</b> Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>14</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>15</b> Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>16</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
<b>19</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>20</b> Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>21</b> Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	<b>22 Half Day</b> Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	<b>23</b>

enjoy your  
**Summer Vacation!**



**MENU SUBJECT TO CHANGE**

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