



# Mount Arlington

## 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 Come With:**  
 100% Fruit Juice  
 Chilled Fruit  
 Milk Selection

### 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!

**Student Breakfast**  
\$1.50

**Adult Breakfast**  
\$2.25

**Reduced Breakfast**  
\$0.30



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
  			<b>1</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>2</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
<b>5</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>6</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>7</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>8</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>9</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
<b>12</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>13</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>14</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>15</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>16</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
<b>19</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>20</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>21</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>22</b> <b>Half Day</b> Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	<b>23</b>

enjoy your **Summer Vacation!**



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MENU SUBJECT TO CHANGE

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)



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