

## 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:**

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 vogurt 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 \$2.25

**Reduced Breakfast** \$0.30



Monday

Tuesday

Wednesday

Thursday

Friday Half Day

Donut, Muffin, Mini Cinnis. Cereal Meal.



Mini Waffles. or Bage with Cream Cheese

Sandwiches.

Donut, Muffin, Mini Cinnis, Cereal Meal Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles,

Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles, or

Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis, Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles.

Bagel with Cream Cheese



Donut, Muffin, Mini Cinnis, Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles, Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese

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Bagel with Cream Cheese

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Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes. Mini Waffles. or Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal Assorted Breakfast Sandwiches.

Mini Pancakes, Mini Waffles,

Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches. Mini Pancakes. Mini Waffles, or

Bage with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal. **Assorted Breakfast** Sandwiches. Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis, Cereal Meal Assorted Breakfast Sandwiches. Mini Pancakes,

Mini Waffles, Bagel with Cream Cheese

Donut, Muffin, Mini Cinnis, Cereal Meal. Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles. or

Bage with Cream Cheese

Donut, Muffin, Mini Cinnis. Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles. or

Bagel with Cream Cheese 22 Half Day

Donut, Muffin, Mini Cinnis, Cereal Meal. Assorted Breakfast Sandwiches. Mini Pancakes, Mini Waffles, or

Bage with Cream Cheese LAST DAY

OF SCHOOL 29

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**MENU SUBJECT TO CHANGE** 

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