

# Hurden Looker

June 2018  
Breakfast Menu

**Get a Healthy Start to Your Day with School Breakfast!**

**Student Breakfast  
FREE**

**Adult Breakfast  
\$2.65**

All Meals Served with Choice of:



1% Low Fat Milk  
or Fat Free Milk

Fresh or  
Canned Fruit



## NUTRITION NEWS:

Did you know June is National Dairy Month? Dairy is important because it contains nine essential 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.



Monday	Tuesday	Wednesday	Thursday	Friday
<i>enjoy your</i> <b>Summer Vacation!</b>				
4 <b>Cereal Bar with Graham Crackers</b> 100% Fruit Juice	5 <b>Slice of Banana Bread</b> 100% Fruit Juice	6 <b>String Cheese with Graham Crackers</b> 100% Fruit Juice	7 <b>Chocolate Chip Muffin with Cheese Stick</b> 100% Fruit Juice	1 <b>Apple Cinnamon Muffin with Graham Crackers</b> 100% Fruit Juice
11 <b>Cereal Bar with Graham Crackers</b> 100% Fruit Juice	12 <b>Slice of Banana Bread</b> 100% Fruit Juice	13 <b>String Cheese with Graham Crackers</b> 100% Fruit Juice	14 <b>Chocolate Chip Muffin with Cheese Stick</b> 100% Fruit Juice	8 <b>Apple Cinnamon Muffin with Graham Crackers</b> 100% Fruit Juice
18 <b>Cereal Bar with Graham Crackers</b> 100% Fruit Juice	19 <b>Slice of Banana Bread</b> 100% Fruit Juice	20 <b>String Cheese with Graham Crackers</b> 100% Fruit Juice	21 <b>Chocolate Chip Muffin with Cheese Stick</b> 100% Fruit Juice	15 <b>School Closed</b>
25 <b>Cereal Bar with Graham Crackers</b> 100% Fruit Juice	26 <b>Slice of Banana Bread</b> 100% Fruit Juice	27 	28 <b>FUN and SUN</b> 	22 <b>Apple Cinnamon Muffin with Graham Crackers</b> 100% Fruit Juice

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

MENU SUBJECT TO CHANGE  
**Maschio's**  
Food Services, Inc.

"This institution is an equal opportunity provider"