

George Washington

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!

- Student Breakfast**
\$0.00
- Adult Breakfast**
\$2.65
- Reduced Breakfast**
\$0.30

All Meals Served with Choice of:

Fresh or Canned Fruit



1% Low Fat Milk or Fat Free Milk





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
	FUN and SUN		1 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	2 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
5 Cereal Bar with Graham Crackers 100% Fruit Juice	6 Slice of Banana Bread 100% Fruit Juice	7 String Cheese with Graham Crackers 100% Fruit Juice	8 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	9 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
12 Cereal Bar with Graham Crackers 100% Fruit Juice	13 Slice of Banana Bread 100% Fruit Juice	14 String Cheese with Graham Crackers 100% Fruit Juice	15 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	16 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
19 Half Day Cereal Bar with Graham Crackers 100% Fruit Juice	20 Half Day Slice of Banana Bread 100% Fruit Juice	21 Last Day of School! Half Day String Cheese with Graham Crackers 100% Fruit Juice	22	23

enjoy your **Summer Vacation!**



 Check us out on Facebook : Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE



Please Visit: www.maschiofood.com

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