

The Village Charter 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!

- Student Breakfast**
\$2.00
- Adult Breakfast**
\$2.75
- 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
 FUN and SUN 			1 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Breakfast Burrito Assorted Fruit 100% Fruit Juice Milk Selection
5 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	6 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	7 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	8 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Half Day Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection
12 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	13 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	15 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 Breakfast Burrito Assorted Fruit 100% Fruit Juice Milk Selection
19 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	20 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	21 Half Day Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	23 Last Day of School! Half Day Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection

enjoy your **Summer Vacation!** 

MENU SUBJECT TO CHANGE

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

Please Visit: www.maschiofood.com



"This institution is an equal opportunity provider"