

The Village Charter School

June 2016 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheezit 100% Juice Choice	2 Pretzels 100% Juice Choice	3 Graham Crackers 100% Juice Choice
6 Graham Crackers 100% Juice Choice	7 Cereal Bar 100% Juice Choice	8 Goldfish Cheddar Cheese Crackers 100% Juice Choice	9 Pretzels 100% Juice Choice	10 Graham Crackers 100% Juice Choice
13 Graham Crackers 100% Juice Choice	14 Cereal Bar 100% Juice Choice	15 Cheezit 100% Juice Choice	16 Pretzels 100% Juice Choice	17 Graham Crackers 100% Juice Choice
20	21	22	23	24 Last Day of School!

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!



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

MENU SUBJECT TO CHANGE



enjoy your

Summer Vacation!



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!