



The Village Charter School

June 2017 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 FUN and SUN 			1 Pretzels 100% Juice Choice	2 Graham Crackers 100% Juice Choice
5 Graham Crackers 100% Juice Choice	6 Cereal Bar 100% Juice Choice	7 Cheezit 100% Juice Choice	8 Pretzels 100% Juice Choice	9 Graham Crackers 100% Juice Choice
12 Graham Crackers 100% Juice Choice	13 Cereal Bar 100% Juice Choice	14 Cheezit 100% Juice Choice	15 Pretzels 100% Juice Choice	16 Graham Crackers 100% Juice Choice
19 Graham Crackers 100% Juice Choice	20 Cereal Bar 100% Juice Choice	21 Cheezit 100% Juice Choice	22 Pretzels 100% Juice Choice	23 Graham Crackers 100% Juice Choice

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.

enjoy your

Summer Vacation!



MENU SUBJECT TO CHANGE

 **Maschio's**
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"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!