

**Mount Olive  
Elementary Schools  
June 2017 Breakfast Menu**



Healthy Meals Grow Healthy Kids!

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

**Available Daily:**  
**Assorted Cereals with Graham Crackers with Assorted Fruit 100% Juice Selection Milk Selection**

**Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!**

Student Breakfast \$2.00

Adult Breakfast \$3.00

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
 <p><b>FUN and SUN</b></p> 			<p><b>1 Assorted Muffins with Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>2 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>
<p><b>5 Assorted Muffins with Cheese Stick</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>6 Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>7 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>8 Assorted Muffins with Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>9 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>
<p><b>12 Assorted Muffins with Cheese Stick</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>13 Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>14 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>15 Assorted Muffins with Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>16 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>
<p><b>19 Assorted Muffins with Cheese Stick</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>20 Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>21 Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>22 Half Day Assorted Muffins with Yogurt</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>	<p><b>23 Last Day of School! Half Day Bagel with Cream Cheese</b>                      Assorted Fruit                      100% Fruit Juice                      Milk Selection</p>

enjoy your **Summer Vacation!**



MENU SUBJECT TO CHANGE



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



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