



Newark Legacy Charter School

June 2016 Breakfast Menu

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagel with Cream Cheese or Butter Assorted Fruit 100% Fruit Juice Milk Selection	2 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	3 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 Waffle Sticks with Syrup Breakfast Sausage Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel with Cream Cheese or Butter Assorted Fruit 100% Fruit Juice Milk Selection	9 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	10 Last Day of School! Assorted Breakfast Items Assorted Fruit 100% Fruit Juice Milk Selection

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!

MASCHIO'S MAIN EVENT



enjoy your **Summer Vacation!**



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!

MENU SUBJECT TO CHANGE

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

Please visit: www.maschiofood.com



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