

Newark Legacy Charter School

June 2016 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Snack Mix 100% Juice	2 Elf Crackers 100% Juice	3 Goldfish Pretzels 100% Juice
6 Cheese-it 100% Juice	7 Animal Crackers 100 % Juice	8 Snack Mix 100% Juice	9 Elf Crackers 100% Juice	10 Last Day of School! Assorted Snacks 100% Juice

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!



enjoy your

Summer Vacation!



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

MENU SUBJECT TO CHANGE

 **Maschio's**
Food Services, Inc.

"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!