

June 2021

Roland-Story Elementary School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: June is National Dairy Month! Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

Monday

Milk offered daily:

White, Chocolate, and Strawberry Skim Milk
White 1% Milk

Tuesday

Mini Pancakes
Apple/Banana/Orange Milk

1

Wednesday

Waffles
Apple/Banana/Orange Milk

2

Thursday

Sausage Pancake Stick
Apple/Banana/Orange Milk

3

Friday

Cereal
Pop Tart
Apple/Banana/Orange Milk

4

7

8

9

10

11

14

15

16

17

18

21

22

23

24

25

28

29

30

