

June 2021

Roland-Story Middle 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



7

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

14

15

16

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Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

30

