

# Leonia Public Schools

June 2018  
Breakfast Menu

## 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!

**Student Breakfast**  
\$1.70

**Adult Breakfast**  
\$2.20

**Reduced Breakfast**  
\$0.30

take time for  
**school  
BREAKFAST**



### NUTRITION NEWS:

Did you know June is National Dairy Month? Dairy is important because it contains nine

essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>enjoy your <b>Summer Vacation!</b></p> 				<p>1 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection</p>
<p>4 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>5 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>6 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>7 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>8 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection</p>
<p>11 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>12 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>13 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>14 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>15 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection</p>
<p>18 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>19 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>20 <b>Half Day</b> <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>21 <b>Half Day</b> <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection</p>	<p>22 <b>Half Day</b> <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection</p>
<p>25</p>	<p>26</p>	<p>27 <b>FUN and SUN</b></p> 	<p>28</p>	<p>29 <b>LAST DAY OF SCHOOL</b></p>

MENU SUBJECT TO CHANGE

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