



Alpha School

June 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Each Entrée Comes with:
Assorted Fruit
100% Fruit Juice
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.25

Adult Breakfast \$1.75

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
				1 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
4 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	5 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	8 HALF DAY Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
11 HALF DAY Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	12 HALF DAY Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	13 HALF DAY Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	14 Half Day LAST DAY OF SCHOOL	15
18	19	20	21	22
25	26	27	28	29

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"