



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"