

## Nutrition Byte

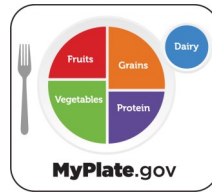
### Choose Low Fat Dairy

Familiar with MyPlate? MyPlate helps families build a healthy plate for meals. MyPlate includes five food groups. Dairy is shown in blue. The dairy group includes milk and milk products, like cheese, yogurt and cottage cheese. School breakfasts and lunches offer a choice of low fat or fat free milk each day.

Did you know milk is power-packed with protein, calcium, phosphorus, vitamins D, A and B12, riboflavin, pantothenic acid, niacin and more? Protein helps build and repair muscle tissue. Calcium, phosphorus and vitamin D help build and maintain strong bones and teeth. Vitamin A helps keep skin and eyes healthy. Milk also contains B vitamins (B12, riboflavin, pantothenic acid and niacin), which help our bodies convert food into fuel.

Milk isn't just for kids. The nutrients in dairy are important at every stage of life. Choose low fat or fat free dairy milk or yogurt. Individuals who are lactose intolerant can choose low lactose and lactose free dairy products. For folks who choose dairy alternatives, fortified soy beverages and soy yogurt -which are fortified with calcium, vitamin A, and vitamin D, provide key nutrients.

**Nutrilink:** To find more info and learn more, visit <https://www.myplate.gov>.



## Menus for June 2021

	Tuesday, June 1	Wednesday, June 2	Thursday, June 3	Friday, June 4
	<b>Choose 1 Entrée:</b> <b>A: Grilled Chicken Sandwich on Roll</b> B Ham & Cheese Sandwich  French Fries Broccoli Crowns w/Dip Sidekicks Frozen Fruit	<b>Choose 1 Entrée:</b> <b>A: Meatball Sandwich</b> B: Ham & Cheese Sandwich  Mixed Vegetables Carrot Sticks w/ Dip	<b>Choose 1 Entrée:</b> <b>A: Cheeseburger</b> B. Ham & Cheese Sandwich  Baked Beans Bag of Chips	<b>Choose 1 Entrée:</b> <b>A: Cheese Pizza</b> B: Ham & Cheese Sandwich  Garden Salad Green Beans
Monday, June 7	Tuesday, June 8	Wednesday, June 9	Thursday, June 10	Friday, June 11
<b>Choose 1 Entrée:</b> <b>A: Chicken fingers w/ Roll</b> B: Turkey & Cheese Sandwich  Mashed Potatoes Corn	<b>Choose 1 Entrée:</b> <b>A: Bagged Meal (4oz yogurt, soft pretzel, and cookie)</b> B: Turkey & Cheese Sandwich  Apple Slices Baby Carrots	<b>Choose 1 Entrée:</b> <b>A: Cheese Pizza</b> B: Turkey & Cheese Sandwich  Garden salad Steamed Broccoli	<b>Early Dismissal K-12</b> <b>No Lunch</b>	<b>Early Dismissal K-12</b> <b>No Lunch</b>
Monday, June 14	Tuesday, June 15	Wednesday, June 16	Thursday, June 17	Friday, June 18
X	X	<b>Grab and Go</b> <b>Curb Side Meals</b> <b>10:00-12:00</b> <b>Middle School</b>	X	X
Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25
X	X	<b>Grab and Go</b> <b>Curb Side Meals</b> <b>10:00-12:00</b> <b>Middle School</b>	X	X
Monday, June 28	Tuesday, June 29	Wednesday, June 30		
X	X	<b>Grab and Go Curb Side Meals</b> <b>10:00-12:00</b> <b>Middle School</b> <b>(LAST DAY SUMMER FEEDING)</b>	Lunch is FREE while school is in Session.  Alternative Meals: Salad meal w/ Roll or PB & Jelly Sandwich	<b>Sides Offered Daily:</b> <b>Fruit Variety, Assorted Fruit Juice, and Assorted Milk</b>

Students are encouraged to select an Entrée and must take at least 1 serving of Fruit or Vegetable to make a meal. A total of 3 items must be taken to make a complete meal. First line-Bold entrée = Main lunch offered for that day. \*MENUS ARE SUBJECT TO CHANGE\*