

Nutrition Byte

Choose Low Fat Dairy

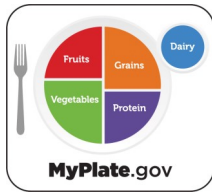
Familiar with MyPlate? MyPlate helps families build a healthy plate for meals. MyPlate includes five food groups. Dairy is shown in blue. The dairy group includes milk and milk products, like cheese, yogurt and cottage cheese. School breakfasts and lunches offer a choice of low fat or fat free milk each 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
	Choose 1 Entrée: A: Baked Chicken Tenders w/ Roll B: Salad Meal w/Roll C: PB & Jelly Uncrustable Mashed Potatoes Broccoli Crowns w/Dip Sidekicks Frozen Fruit	Choose 1 Entrée: A: Meatball Sandwich B: Salad Meal w/ Roll C: PB & Jelly Uncrustable Steamed Cauliflower Carrot Sticks w/ Dip	Choose 1 Entrée: A: Hot Dog on Bun B: Salad Meal w/Roll C: PB & Jelly Uncrustable Baked Beans Bag of Chips	Choose 1 Entrée: A: Cheese Pizza B: Salad Meal w/ Roll C: PB & Jelly Uncrustable Garden Salad Green Beans
Monday, June 7	Tuesday, June 8	Wednesday, June 9	Thursday, June 10	Friday, June 11
Choose 1 Entrée: A: Cheeseburger B: Salad Meal w/Roll C: PB & Jelly Uncrustable French Fries Mixed Vegetables	Choose 1 Entrée: A: Cheese Pizza B: Salad Meal w/Roll C: PB & Jelly Uncrustable Garden salad Steamed Broccoli	Choose 1 Entrée: A: Bagged Meal (4oz yogurt, soft pretzel, and cookie) B: Salad Meal w/Roll C: PB & Jelly Uncrustable Apple Slices Baby Carrots	Early Dismissal K-12 No Lunch	Early Dismissal K-12 No Lunch
Monday, June 14	Tuesday, June 15	Wednesday, June 16	Thursday, June 17	Friday, June 18
X	X	Grab and Go Curb Side Meals 10:00-12:00 Middle School	X	X
Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25
X	X	Grab and Go Curb Side Meals 10:00-12:00 Middle School	X	X
Monday, June 28	Tuesday, June 29	Wednesday, June 30	Lunch is FREE while school is in Session. Alternative Meals: Salad meal w/ Roll or PB & Jelly Sandwich	
X	X	Grab and Go Curb Side Meals 10:00-12:00 Middle School (LAST DAY SUMMER FEEDING)	Sides Offered Daily: Fruit Variety, Assorted Fruit Juice, and Assorted Milk	

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*