

## 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: GF Chicken Fingers w/ Roll</b> B: Salad Meal w/GF Roll  Veggies Fruit Assorted Fruit Juice Assorted Milk	<b>Choose 1 Entrée:</b> <b>A: GF Taco</b> B: Salad Meal w/GF Roll  Veggies Fruit Assorted Fruit Juice Assorted Milk	<b>Choose 1 Entrée:</b> <b>A: GF Pizza</b> B: Salad Meal w/GF Roll  Veggies Fruit Assorted Fruit Juice Assorted Milk	<b>Choose 1 Entrée:</b> <b>A: GF Hot Dog</b> B: Salad Meal w/GF Roll  Veggies Fruit Assorted Fruit Juice Assorted Milk
Monday, June 7	Tuesday, June 8	Wednesday, June 9	Thursday, June 10	Friday, June 11
<b>Choose 1 Entrée:</b> <b>Chef's Choice</b> Fruit and Vegetable of the Day  Assorted Fruit Juice Assorted Milk	<b>Choose 1 Entrée:</b> <b>Chef's Choice</b> Fruit and Vegetable of the Day  Assorted Fruit Juice Assorted Milk	<b>Choose 1 Entrée:</b> <b>Chef's Choice</b> Fruit and Vegetable of the Day  Assorted Fruit Juice Assorted Milk	<b>Early Dismissal K-12 No Lunch</b>	<b>Early Dismissal K-12 No Lunch</b>
Monday, June 14	Tuesday, June 15	Wednesday, June 16	Thursday, June 17	Friday, June 18
<b>X</b>	<b>X</b>	<b>Grab and Go Curb Side Meals 10:00-12:00 Middle School</b>	<b>X</b>	<b>X</b>
Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25
<b>X</b>	<b>X</b>	<b>Grab and Go Curb Side Meals 10:00-12:00 Middle School</b>	<b>X</b>	<b>X</b>
Monday, June 28	Tuesday, June 29	Wednesday, June 30		
<b>X</b>	<b>X</b>	<b>Grab and Go Curb Side Meals 10:00-12:00 Middle School (LAST DAY SUMMER FEEDING)</b>	Lunch is FREE while school is in Session.  Alternative Meals: Salad meal w/ GF Roll	<b>Sides Offered Daily: 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\*