



**School Information:** MENU SUBJECT TO CHANGE WITHOUT NOTICE.



**Nutrition Tip:** June is National Dairy Month! Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Cooks Choice **1**  
  
3

Cooks Choice **2**  
  
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Cooks Choice **3**  
  
Last Day of School 5

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