



**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



Choice of: 1

- Breakfast Cookie
- Breakfast Sandwich
- Cereal

Fruit and Milk

Choice of: 2

- Breakfast Cookie
- Breakfast Sandwich
- Cereal

Fruit and Milk

Choice of: 3

- Breakfast Cookie
- Breakfast Sandwich
- Cereal

Fruit and Milk

Choice of: 6

- Breakfast Cookie
- Bagel w/ cream cheese
- Cereal

Fruit and Milk

Choice of: 7

- Breakfast Cookie
- Bagel w/ cream cheese
- Cereal

Fruit and Milk

Choice of: 8

- Breakfast Cookie
- Bagel w/ cream cheese
- Cereal

Fruit and Milk

Choice of: 9

- Breakfast Cookie
- Bagel w/ cream cheese
- Cereal

Fruit and Milk

Choice of: 10

- Breakfast Cookie
- Bagel w/ cream cheese
- Cereal

Fruit and Milk

Choice of: 13

- Breakfast Cookie
- Breakfast Sandwich
- Cereal

Fruit and Milk

Choice of: 14

- Breakfast Cookie
- Breakfast Sandwich
- Cereal

Fruit and Milk

15

16

17

20

**National Smoothie Day** 21

22

23

24

27

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