

JUNE 2024

Caston School Summer Feeding

BREAKFAST



School Information: All Meals are offered to children 18 or younger! Meals are to be ate i Caston Café. Breakfast 7:30-8:30 and Lunch 11:30-12:30.



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

This Institution is an equal opportunity provider.

Menu is subject to change without notification.

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Assorted Cereal
String Cheese
Fresh Fruit
Fruit Juice Choice
Milk Choice

3

Pancake on Stick
Fruit Cocktail
Fruit Juice Choice
Milk Choice

4

Breakfast Muffin
Assorted Fruit
Fruit Juice Choice
Milk Choice

5

Sausage Breakfast Snd
Pineapple Chunks
Fruit Juice Choice
Milk Choice

6

Biscuits & Gravy
Banana
Fruit Juice Choice
Milk Choice

7

Mini Waffles w/Syrup
Sliced Pears
Fruit Juice Choice
Milk Choice

10

Pancakes
Sausage Patty
Tropical Fruit
Fruit Juice Choice
Milk Choice

11

Bagel w/Toppings
Strawberries
Fruit Juice Choice
Milk Choice

12

Scrambled Eggs
Bacon
Sliced Peaches
Fruit Juice Choice
Milk Choice

13

Biscuits & Gravy
Mixed Fruit
Fruit Juice Choice
Milk Choice

14

Breakfast Pizza
Peach Slices
Fruit Juice Choice
Milk Choice

17

Cinnamon Roll
Banana
Fruit Juice Choice
Milk Choice

18

Egg Taco w/Salsa
Graham Snacks
Kiwi
Fruit Juice Choice
Milk Choice

19

Mini Waffles w/Syrup
Apple
Fruit Juice Choice
Milk Choice

20

Biscuits & Gravy
Applesauce Cup
Fruit Juice Choice
Milk Choice

21

Assorted Cereal
String Cheese
Diced Pears
Fruit Juice Choice
Milk Choice

24

Pancake on Stick
Fruit Cocktail
Fruit Juice Choice
Milk Choice

25

Breakfast Muffin
Assorted Cereal
Fruit Juice Choice
Milk Choice

26

Sausage Breakfast Snd
Pineapple Chunks
Fruit Juice Choice
Milk Choice

27

Biscuits & Gravy
Grapes
Fruit Juice Choice
Milk Choice

28