

JUNE 2024

Marshfield School District

BREAKFAST



School Information:
Marshfield High School



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



3

4

5

6

7

10

11

12

13

14

Whole Grain Cereal
Fruit Cup
Milk

17

Whole Grain Muffin
w/ String Cheese
Apple Slices
Milk

18

Breakfast Frudel
100% Fruit Juice
Milk

19

Oatmeal Round
Applesauce
Milk

20

Breakfast Pizza
100% Fruit Juice
Milk

21

Whole Grain Cereal
Fruit Cup
Milk

24

Whole Grain Muffin
Apple Slices
Milk

25

Mini Bagels
100% Fruit Juice
Milk

26

Oatmeal Round
Applesauce
Milk

27

Breakfast Pizza
100% Fruit Juice
Milk

28