



## Chualar Unified School District

Breakfast at 7:30 am- **MENU IS SUBJECT TO CHANGE**

Served daily, whole grain items, Fruit,  
Low Fat Milk or Fat Free Chocolate Milk



**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

\* ALL GRAINS SERVED ARE WHOLE GRAIN (W/G) OR WHOLE GRAIN RICH (WGR)

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Cereal  
Crackers, Fruit  
Milk

3

Pancakes,  
Scrambled Eggs &  
Sausage links  
Fruit, Milk

4

Benefit Bar  
Yogurt  
Fruit, Milk

5

Bagel/Cream  
cheese/jelly  
Fruit, Milk

6

Breakfast Bun  
Cheese stick  
Fruit, Milk

7

Cereal  
Crackers, Fruit  
Milk

10

Waffles,  
Scrambled Eggs &  
Sausage links  
Fruit, Milk

11

LAST DAY OF SCHOOL  
Strawberry  
Yogurt Parfait,  
Milk

12

**ELOP: MENU**  
Banana Bread  
Fruit, Milk

13

**ELOP: MENU**  
Cereal  
Crackers, Fruit  
Milk

14

**ELOP: MENU**  
Pancakes, Sausage  
links  
Fruit, Milk

17

**ELOP: MENU**  
Benefit Bar  
Yogurt  
Fruit, Milk

18

**Holiday**

19

**ELOP: MENU**  
Muffin  
Fruit, Milk

20

**ELOP: MENU**  
Strawberry Yogurt  
Parfait w/ granola  
Milk

21

**ELOP: MENU**  
Banana Bread  
Fruit, Milk

24

**ELOP: MENU**  
Pancakes, Sausage links  
Fruit, Milk

25

**ELOP: MENU**  
Cereal  
Crackers, Fruit  
Milk

26

**ELOP: MENU**  
Muffin  
Fruit, Milk

27

**ELOP: MENU**  
Strawberry Yogurt  
Parfait w/granola  
Milk

28