

# Golden Door Charter School

## June 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!



### Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

take time for  
**school  
BREAKFAST**



### Nutrition News

#### June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). Don't forget to select a cold low-fat milk with your lunch!

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>FUN and SUN</b>		1 <b>Egg &amp; Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection	2 <b>Waffle Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
5 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	6 <b>Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	7 <b>Half Day Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	8 <b>Egg &amp; Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>French Toast Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
12 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Cinni Minis with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	14 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	15 <b>Egg &amp; Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>Waffle Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
19 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	20 <b>Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	21 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	22 <b>Egg &amp; Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>French Toast Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
26 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	27 <b>Cinni Minis with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	28 <b>Half Day Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection <b>Last Day of School!</b>	29	30



Check us out on Facebook : Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)



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