

Golden Door Charter

June 2017 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cereal Bowl 100% Juice Choice	2 Assorted Muffins 100% Juice Choice
5 Goldfish Pretzels 100% Juice Choice	6 Cereal Bowl 100% Juice Choice	7 <i>Half Day</i> Graham Crackers 100% Juice Choice	8 Cereal Bowl 100% Juice Choice	9 Assorted Muffins 100% Juice Choice
12 Goldfish Pretzels 100% Juice Choice	13 Cereal Bowl 100% Juice Choice	14 Graham Crackers 100% Juice Choice	15 Cereal Bowl 100% Juice Choice	16 Assorted Muffins 100% Juice Choice
19 Goldfish Pretzels 100% Juice Choice	20 Cereal Bowl 100% Juice Choice	21 Graham Crackers 100% Juice Choice	22 Cereal Bowl 100% Juice Choice	23 Assorted Muffins 100% Juice Choice
26 Goldfish Pretzels 100% Juice Choice	27 Cereal Bowl 100% Juice Choice	28 <i>Half Day</i> Graham Crackers 100% Juice Choice <i>Last Day School!</i>	29	30

MENU SUBJECT TO CHANGE

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!



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

"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!