

JUNE 2024

BREAKFAST



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



GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

3

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

4

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

5

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

6

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

7

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

10

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

11

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

12

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

13

GM Cereal Bowl
100% Juice
or Apple Sauce
1% or Skim Milk

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