

# June

## K-12 UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Dipper Doodle Bar (2.3 oz) (DF)</li> </ul> <p style="text-align: right;"><b>1</b></p>
<ul style="list-style-type: none"> <li>Corn Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> <li>String Cheese/Cinnamon Grahams</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>Zee Zees Cinnamon Crisp Bar (VG) (DF)</li> <li>Banana Muffin</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> <li>Zac Omega Bar Blackberry (2.5 oz) (DF)</li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> <li>Yogurt/Educational Snacks</li> </ul> <p style="text-align: right;"><b>8</b></p>
<ul style="list-style-type: none"> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> <li>Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> <li>Yogurt/Granola/ Fruit</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>Cheerios/Zac Attack Apple (1.35 oz) (DF)</li> <li>French Toast Muffin</li> </ul> <p style="text-align: right;"><b>13</b></p>	<ul style="list-style-type: none"> <li>Dipper Doodle Bar (2.3 oz) (DF)</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>Zac Omega Bar Blackberry (2.5 oz) (DF)</li> <li>Breakfast Cinnamon Crumble</li> </ul> <p style="text-align: right;"><b>15</b></p>
<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit</li> <li>Corn Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> <li>Zee Zees Cinnamon Crisp Bar (VG) (DF)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> <li>Zee Zees Cinnamon Crisp Bar (VG) (DF)</li> </ul> <p style="text-align: right;"><b>20</b></p>	<ul style="list-style-type: none"> <li>Yogurt/Granola/ Fruit</li> <li>Banana Muffin</li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> <p style="text-align: right;"><b>22</b></p>
<ul style="list-style-type: none"> <li>Yogurt/Educational Snacks</li> <li>Zac Omega Bar Strawberry (2.5 oz) (DF)</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>String Cheese/Cinnamon Grahams</li> <li>Blueberry Muffin</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> <li>Breakfast Cinnamon Crumble</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>Dipper Doodle Bar (2.3 oz) (DF)</li> <li>French Toast Muffin</li> </ul> <p style="text-align: right;"><b>28</b></p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul> <p style="text-align: right;"><b>29</b></p>

### Did you know?

Eggs are rich in **choline**, which is a weird word but it's a "good weird" because choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals!



**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*