

# JUNE 2024

# VINALHAVEN

# BREAKFAST



### School Information:

LAST DAY OF SCHOOL: 6/13 @ NOON



**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



3

Cereal

4

Breakfast bars

5

Breakfast sandwich

6

Muffins

7

Cereal

10

Cereal

11

Muffins

12

Breakfast bars

13

Cereal

\*\*LAST DAY OF SCHOOL\*\*

14

**Flag Day**

CONGRATS CLASS OF 2024!!!!!!!!!!

17

SUMMER

18

VACATION

19

SUMMER

20

VACATION

21

SUMMER VACATION!!

24

SEE

25

YOU

26

IN

27

SEPTEMBER

28

!!!!!!