



FLORENCE SCHOOL DISTRICT 3
SCHOOL BREAKFAST
June 2021



Nutrition Education: Eat your vitamins- A diet of whole grains, vegetables and fruits offers the vitamins and minerals that meet the body's needs. Drink plenty of water- Water is in every organ, tissue and cell in our body. It helps keep your body temperature normal, protects your spinal cord and lubricates the joints.



DREM MIDDLE/HIGH GRADES BREAKFAST



Menus are subject to change based on availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Fresh Strawberries	1 Dutch Waffle Pop Tart w/Cereal Bowl Fresh Orange Fruit Juice Milk	2 Grits w/Sausage Patty & Biscuit Muffin w/Cereal Bowl Peach Cup Fruit Juice Milk	3 Turkey Sausage & Biscuit Pop Tart w/Cereal Bowl Fresh Apple Slices Fruit Juice Milk	4 Egg-o-Pancakes Nutri-Grain Bar w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Yogurt w/Cereal Bowl Muffin w/Cereal Bowl Fresh Orange Fruit Juice Milk	8 Honey Bun Muffin w/Cereal Bowl Fresh Orange Fruit Juice Milk	9 Waffle w/Cereal Bowl Yogurt w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	10 Yogurt w/Cereal Bowl Muffin w/Cereal Bowl Fresh Apple Slices Fruit Juice Milk 	11 Dutch Waffle Pop Tart w/Cereal Bowl Fresh Orange Slices Fruit Juice Milk 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 	15 	16 	17 	18 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 	22 	23 	24 	Adult Meal Price: \$2.55 <u>Assorted Milk Choices Daily</u> 1% White, FF Chocolate 8 oz. Bottled Water w/Breakfast

FLORENCE SCHOOL DISTRICT 3
SUMMER CAMPS!
STUDENTS EAT BREAKFAST & LUNCH FREE

JUNE 14TH ~ 30TH



"This institution is an equal opportunity provider."