



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.



J.C. LYNCH ELEMENTARY
K-8 GRADES BREAKFAST



Menus are subject to change based on availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  Fresh Strawberries | 1 Muffin w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk | 2 Muffin w/Cereal Bowl Fresh Fruit Fruit Juice Milk | 3 Muffin w/Cereal Bowl Fresh Fruit Fruit Juice Milk | 4 Nutri Grain Bar w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 7 Nutri-Grain Bar w/Cereal Bowl Fresh Fruit Fruit Juice Milk | 8 Nutri-Grain Bar w/Cereal Bowl Fresh Fruit Fruit Juice Milk | 9 Muffin w/Cereal Bowl Fresh Fruit Fruit Juice Milk | 10 Pop Tart w/Cereal Bowl Fresh Fruit Fruit Juice Milk  | 11 Pop Tart w/Cereal Bowl Fresh Fruit 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.”