



**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.



**LAKE CITY EARLY CHILDHOOD CENTER  
K-8 GRADES BREAKFAST**



**Menus are subject to change based on availability.**

| MONDAY                                                                                                  | TUESDAY                                                                                       | WEDNESDAY                                                                                        | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br>Fresh Strawberries | 1<br>Mini Pancakes<br>Nutri Grain Bar w/Cereal Bowl<br>Sliced Pear Cup<br>Fruit Juice<br>Milk | 2<br>Grilled Cheese Sandwich<br>Muffin w/Cereal Bowl<br>Chilled Fruit Cup<br>Fruit Juice<br>Milk | 3<br>Apple Frudel<br>Pop Tart w/Cereal Bowl<br>Fresh Grapes & Apples<br>Fruit Juice<br>Milk                                                                                       | 4<br>Breakfast Pizza<br>Muffin w/Cereal Bowl<br>Fresh Orange Slices<br>Fruit Juice<br>Milk                                                                                               |
| MONDAY                                                                                                  | TUESDAY                                                                                       | WEDNESDAY                                                                                        | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                                   |
| 7<br>Pop Tart w/Cereal Bowl<br>Muffin w/Cereal Bowl<br>Chilled Pear Cup<br>Fruit Juice<br>Milk          | 8<br>Mini Pancakes<br>Muffin w/Cereal Bowl<br>Fresh Fruit<br>Fruit Juice<br>Milk              | 9<br>Breakfast Pizza<br>Nutri-Grain Bar w/Cereal Bowl<br>Fresh Tangerine<br>Fruit Juice<br>Milk  | 10<br>Sausage Biscuit<br>Muffin w/Cereal Bowl<br>Fresh Apple Slices<br>Fruit Juice<br>Milk<br> | 11<br>Pop Tart w/Cereal Bowl<br>Muffin w/Cereal Bowl<br>Fresh Apple Slices<br>Fruit Juice<br>Milk<br> |
| MONDAY                                                                                                  | TUESDAY                                                                                       | WEDNESDAY                                                                                        | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                                   |
| 14<br>                 | 15<br>       | 16<br>         | 17<br>                                                                                         | 18<br>                                                                                                |
| MONDAY                                                                                                  | TUESDAY                                                                                       | WEDNESDAY                                                                                        | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                                   |
| 21<br>               | 22<br>     | 23<br>       | 24<br>                                                                                       | Adult Meal Price: \$2.55<br><br><u>Assorted Milk Choices Daily</u><br>1% White, FF Chocolate<br>8 oz. Bottled Water w/Breakfast                                                          |



**FLORENCE SCHOOL DISTRICT 3  
SUMMER CAMPS!  
STUDENTS EAT BREAKFAST & LUNCH FREE  
JUNE 14<sup>TH</sup> ~ 30<sup>TH</sup>**



"This institution is an equal opportunity provider."