



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.



LIFELONG LEARNING CENTER
K-8 GRADES BREAKFAST



Menus are subject to change based on availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Fresh Strawberries	1 Mini Pancakes Muffin w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	2 Sausage Biscuit Nutri Grain Bar w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	3 Apple Frudel Muffin w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	4 Breakfast Pizza Pop Tart w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Pancake Sandwich Muffin w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	8 Chicken Biscuit Nutri-Grain Bar w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	9 Mini Pancakes Muffin w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk	10 Dutch Waffle Pop Tart w/Cereal Bowl Chilled Fruit Cup Fruit Juice Milk 	11 Pop Tart w/Cereal Bowl Muffin w/Cereal Bowl Chilled Fruit Cup 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."