



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



BREAKFAST

MONDAY

Strawberry Go-Gurt
Strawberry Oatmeal Bar
Apple

01

TUESDAY

Oatmeal UBR Bar
Strawberry Craisins
Raisins

02

WEDNESDAY

Chocolate Covered Donuts
Watermelon Craisins
Orange Juice

03

THURSDAY

Strawberry Go-Gurt
Strawberry Nutri-Grain Bar
Apple

04

FRIDAY

Chocolate Cream Chip Bar
Very Berry Juice
Raisins

05

Mozzarella Cheese Stick
Cinnamon Frosted Pop-Tarts
Apple

08

Mini Apple Breakfast Bites
Cherry Craisins
Tangerines

09

Mozzarella Cheese Stick
Chocolate Chip Muffin
Fruit Punch
Raisins

10

**SUMMER
VACATION
BEGINS!**

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Milk is included with all meals (1%, Skim, or Soy Milk)

JUNE 2026