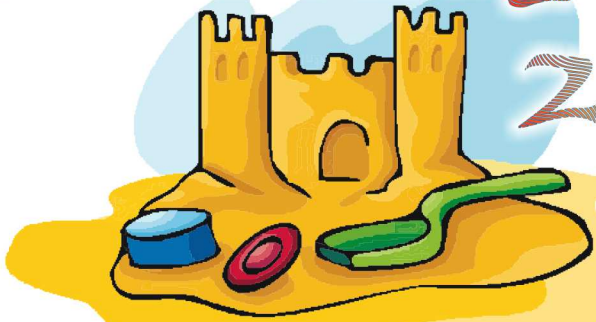


Menus for June 2018



Bristol Jr./Sr. High School Breakfast Menu

This institution is an equal opportunity provider. Menus are subject to change.

DON'T GET!
Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Friday, June 1

Sausage, Egg, & Cheese on Whole Wheat Bun
Applesauce
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

IN THE WEEDS?

If you spend anytime this summer hiking, walking, picnicking, exercising, or otherwise playing in tall grass or weedy, overgrown areas outside, be aware of the danger of tick bites. Use insect repellent, cover up with socks, a cap, and long pants if it's not too hot, and take a shower and check yourself carefully for ticks when you come back inside.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 4

WG Breakfast Pizza
Mixed Fruit
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Tuesday, June 5

Bacon, Egg, & Cheese on Bun
Pears
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Wednesday, June 6

Ham & Cheese Croissant
Pineapples
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Thursday, June 7

Pancake & Sausage Stick
Mandarin Oranges
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Friday, June 8

Sausage, Egg, & Cheese on Whole Wheat Bun
Applesauce
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

It's good to be the King!



Father's Day June 17

Monday, June 11

Whole Grain Pancakes
Pears
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Tuesday, June 12

Early dismissal today!
Bacon, Egg, & Cheese on Bun
Peaches
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Wednesday, June 13

Early dismissal today!
Hot Ham & Cheese on Bun
Fresh Apple
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Thursday, June 14

Early dismissal today!
WG French Toast Sticks
Mixed Fruit
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

Friday, June 15

Early dismissal today!
Sausage, Egg, Cheese on Bun
Applesauce
100% Fruit Juice
Milk Choice

Alternate:

Whole Grain Cereal (2)
Whole Grain Cereal Bar
Whole Grain Bagel with Jelly
Low Fat Yogurt
Low Fat String Cheese

THANKS!

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!

