



# June 2018 Breakfast/Snack Menu

## Monday

**4**

Chex Cereal  
Cranberry Juice

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Snack Mix  
(Cheerios, Chex,  
Hard Pretzel, Crackers)  
Fruit Cocktail

**11**

Rice Crispy Cereal  
Orange Juice

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Butterfly Crackers  
Oranges

**18**

Cheerios  
Orange Juice

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Cheese  
Crackers

**25**

Chex Cereal  
Apple Juice

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Snack Mix  
(Chex, Cheerios, Crack-  
ers, Hard Pretzel)  
Oranges

## Tuesday

**5**

Sundried Tomato  
Bagel Cream Cheese  
Applesauce

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Sundried Tomato  
Bagel Cream Cheese  
Applesauce

**12**

Assorted Bagels  
Cream Cheese  
Mixed Berries

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Assorted Bagels  
Cream Cheese  
Mixed Berries

**19**

Yogurt, Oat Topping  
Peach Parfait

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Yogurt Oat Topping  
Peach Parfait

**26**

WGR English Muffins  
Sliced Cheese  
Peaches

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WGR English Muffins  
Sliced Cheese  
Peaches

## Wednesday

**6**

WGR English Muffins  
Cheese Slices  
Peaches

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WGR English Muffins  
Cheese Slices  
Peaches

**13**

Rice Cakes  
w/ Sunbutter  
Bananas

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Rice Cakes  
w/ Sunbutter  
Bananas

**20**

Bran Flakes  
Apricots

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Pretzel Sticks  
Apricots

**27**

Life Cereal  
Bananas

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Hard Pretzel  
Bananas

## Thursday

**7**

Cottage Cheese  
Pears

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Cottage Cheese  
Pears

**14**

Deluxe Snack Mix  
(Cheerios, Chex,  
Hard Pretzel, Dried Apricot)  
Fruit Medley

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Deluxe Snack Mix  
(Cheerios, Chex,  
Hard Pretzel, Dried Apricot)  
Fruit Medley

**21**

WGR Soft Pretzel  
Honey Mustard  
Apple Sauce

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WGR Soft Pretzel  
Honey Mustard  
Apple Sauce

**28**

WGR Blueberry Muffin  
Melons

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WGR Blueberry Muffin  
Melons

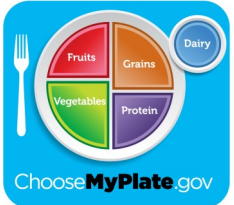
**June is Berry Month!**

One of the great opportunities of summer is visiting local you-pick farms. It is an excellent way for your child to learn about how fruits and vegetables grow, as well as using their motor skills to help pick their own produce. Did you know there are many farms within a 15 mile drive?

Visit [www.pickyourown.org/WAsattlearea.htm](http://www.pickyourown.org/WAsattlearea.htm) for addresses and more information!

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.



This institution is an equal opportunity provider.

Did you know you can get extra WIC checks specifically to use at local farmer's markets? You can! All WIC participants are eligible! Ask your local WIC agency about which days this month you can get these free checks before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you MORE! Ask your teacher for a flyer with more details!