

# JUNE 2024

## EDINBORO & McKEAN ELEMENTARY

### BREAKFAST



**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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**CHEF'S  
CHOICE**

3

**CHEF'S  
CHOICE**

4

**CHEF'S  
CHOICE**

5

**CHEF'S  
CHOICE**

6

**LAST DAY OF SCHOOL**

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