



# June 2015

## Breakfast

### COOK COUNTY SCHOOL DISTRICT 130

BTG - Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>APPLE JACKS (REDUCED SUGAR)</b> Spiced Grahams Blended Fruit Juice Raisins	2 <b>FROSTED MINI WHEATS</b> Animal Grahams Strawberry Kiwi Juice Diced Peaches	3 <b>FROSTED FLAKES</b> Spiced Grahams Apple Juice Mixed Fruit Cup	4 <b>CINNAMON TOAST CRUNCH</b> Strawberry Waffle Crackers Blended Fruit Juice Applesauce Cup	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

### DRINK WATER! Listed below are some benefits of drinking water:

- A water guzzler is less likely to get sick. And who wouldn't rather feel healthy the majority of the time? Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks.
- A glass of water can help you concentrate and stay refreshed and alert.

