

Salem High School Breakfast Menu: June

MONDAY

6/3

Whole Grain
Cinnamon Raisin Bagel with Cream Cheese
Muffin Flats
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/10

Whole Grain Low Sugar
Puffins (mini pancakes)
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/17

Whole Grain
Cinnamon Raisin Bagel with Cream Cheese
Muffin Flats
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/24

Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens

TUESDAY

6/4

Choice of:
Sausage Egg and Cheese on whole wheat English Muffin,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/11

Choice of:
Sausage Egg and Cheese on whole wheat English Muffin,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/18

Whole Grain Low Sugar
Pastries: Apple or Cinnamon
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/25

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WEDNESDAY

6/5

Choice of:
Corn, Chocolate Chip, or Blueberry Muffin Flat
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/12

Whole Grain Low Sugar
Apple Roll Pastry
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/19

No School: Juneteenth

THURSDAY

6/6

Choice of:
Sausage Egg and Cheese on a whole grain Croissant,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/13

Choice of:
Sausage Egg and Cheese on a whole grain Biscuit, Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/20

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FRIDAY

6/7

Whole Grain Low Sugar
Pastries: Apple or Cinnamon Roll
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/14

Smoothie Fri-YAY
Choice of:
Strawberry Banana Smoothie & Graham Crackers or
Whole Grain Muffin,
Assorted Cereals,
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/21

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Salem SCHOOL'S OUT FUN IS ON

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FOOD & NUTRITION SERVICES

SALEM PUBLIC SCHOOLS

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

New Liberty & Prep Breakfast Menu: June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6/3</p> <p>Whole Grain Cinnamon Raisin Bagel with Cream Cheese Muffin Flats Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk</p>	<p>6/4</p> <p>Choice of: <i>Sausage Egg and Cheese on whole wheat English Muffin,</i> Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/5</p> <p>Choice of: Corn, Chocolate Chip, or Blueberry Muffin Flat Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk</p>	<p>6/6</p> <p>Choice of: <i>Sausage Egg and Cheese on a whole grain Croissant,</i> Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/7</p> <p>Whole Grain Low Sugar Pastries: Apple or Cinnamon Roll Assorted Muffins Choice of whole grain Cereal Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>
<p>6/10</p> <p>Whole Grain Low Sugar Puffins (mini pancakes) Assorted Muffins Choice of whole grain Cereal Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/11</p> <p>Choice of: <i>Sausage Egg and Cheese on whole wheat English Muffin,</i> Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/12</p> <p>Whole Grain Low Sugar Apple Roll Pastry Assorted Muffins Choice of whole grain Cereal Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/13</p> <p>Choice of: <i>Sausage Egg and Cheese on a whole grain Biscuit,</i> Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/14</p> <p>Smoothie Fri-YAY Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin, Assorted Cereals, Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk</p>
<p>6/17</p> <p>Whole Grain Cinnamon Raisin Bagel with Cream Cheese Muffin Flats Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk</p>	<p>6/18</p> <p>Whole Grain Low Sugar Pastries: Apple or Cinnamon Assorted Muffins Choice of whole grain Cereal Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk</p>	<p>6/19</p> <p>No School: Juneteenth</p>	<p>6/20</p> <p>Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens</p>	<p>6/21</p> <p>Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens</p>

6/24

Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens

6/25

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Collins Middle School Breakfast Menu: June

MONDAY

6/3

Whole Grain
Cinnamon Raisin Bagel with Cream Cheese
Muffin Flats
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/10

Choice of:
Whole Grain Muffin
Egg & Cheese Stuffed Hashbrown
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/ Milk

6/17

Whole Grain
Cinnamon Raisin Bagel with Cream Cheese
Muffin Flats
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/24

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TUESDAY

6/4

Choice of:
Sausage Egg and Cheese on whole wheat English Muffin,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/11

Choice of:
Sausage Egg and Cheese on whole wheat English Muffin,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/18

Choice of:
Corn, Chocolate Chip, or Blueberry Muffin Flat
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/25

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WEDNESDAY

6/5

Whole Grain Low Sugar
Puffins (mini pancakes)
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/12

Whole Grain Low Sugar
Apple Roll Pastry
Assorted Muffins
Choice of whole grain Cereal
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/19

No School: Juneteenth

THURSDAY

6/6

Choice of:
Sausage Egg and Cheese on a whole grain Biscuit,
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/13

Choice of:
Sausage Egg and Cheese on a whole grain Biscuit, Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice, Milk

6/20

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FRIDAY

6/7

Smoothie Fri-YAY
Choice of:
Mango Pineapple Smoothie & Graham Crackers or
Whole Grain Muffin,
Assorted Cereals,
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/14

Smoothie Fri-YAY
Choice of:
Strawberry Banana Smoothie & Graham Crackers or
Whole Grain Muffin,
Assorted Cereals,
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

6/21

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Elementary Schools Breakfast Menu: June

MONDAY

6/3

Whole Grain Low Sugar **Cinnamon Chex**
Graham Cracker Applesauce
Assorted Fruit Juice, Milk

6/10

Assorted Whole Grain Low Sugar **Cereal**
Apple Assorted Fruit Juice Milk

6/17

Assorted Whole Grain Low Sugar **Cereal**
Pear Assorted Fruit Juice Milk

6/24

Join us from July 8th to August 16th for Fun Activities & Free Meals for Kids and Teens

TUESDAY

6/4

Assorted Whole Grain Low Sugar **Cereal**
Peach Assorted Fruit Juice Milk

6/11

Whole Grain **Corn Muffin**
Banana Assorted Fruit Juice Milk

6/18

Whole Grain Low Sugar **Assorted Pastry**
Apple Slices Assorted Fruit Juice, Milk

6/25

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WEDNESDAY

6/5

Whole Grain Low Sugar **Puffins (mini pancakes)**
Orange Slices Assorted Fruit Juice Milk

6/12

Whole Grain Low Sugar **Apple Roll Pastry**
Apple Slices Assorted Fruit Juice, Milk

6/19

No School: Juneteenth

THURSDAY

6/6

Whole Grain **Chocolate Chip Muffin**
Apple Assorted Fruit Juice Milk

6/13

Whole Grain **Blueberry Chip Muffin**
Orange Assorted Fruit Juice Milk

6/20

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FRIDAY

6/7

Smoothie Fri-YAY
Strawberry Banana OR Mango Pineapple Smoothie
Whole Grain Graham Crackers Assorted Fruit Juice Milk

6/14

Smoothie Fri-YAY
Strawberry Banana OR Mango Pineapple Smoothie
Whole Grain Graham Crackers Assorted Fruit Juice Milk

6/21

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ECC, Pre-K, Pathways Schools Breakfast Menu: June

MONDAY

6/3

Whole Grain Low Sugar
Cinnamon Chex
Graham Cracker
Applesauce
Assorted Fruit
Juice, Milk

6/10

Assorted Whole
Grain Low Sugar
Cereal
Sliced Pears
Assorted Fruit
Juice
Milk

6/17

Assorted Whole
Grain Low Sugar
Cereal
Diced Peaches
Assorted Fruit
Juice
Milk

6/24

Join us from July 8th to August
16th for Fun Activities & Free
Meals for Kids and Teens

TUESDAY

6/4

Assorted Whole
Grain Low Sugar
Cereal
Peach
Assorted Fruit
Juice
Milk

6/11

Whole Grain **Apple**
Cinnamon Muffin
Banana
Assorted Fruit
Juice
Milk

6/18

Whole Grain Low
Sugar **Assorted**
Pastry
Apple Slices
Assorted Fruit
Juice, Milk

6/25

Join us from July 8th to August
16th for Fun Activities & Free
Meals for Kids and Teens

WEDNESDAY

6/5

Whole Grain Low
Sugar **Corn Muffin**
Orange Slices
Assorted Fruit
Juice
Milk

6/12

Assorted Whole
Grain Low Sugar
Cereal
Applesauce
Assorted Fruit
Juice
Milk

6/19

No School: Juneteenth

THURSDAY

6/6

Whole Grain
Chocolate Chip
Muffin
Apple Slices
Assorted Fruit
Juice
Milk

6/13

Whole Grain
Blueberry Chip
Muffin
Orange Slices
Assorted Fruit
Juice
Milk

6/20

Join us from July 8th to August
16th for Fun Activities & Free
Meals for Kids and Teens

FRIDAY

6/7

Smoothie Fri-YAY
Strawberry
Banana OR Mango
Pineapple
Smoothie
Whole Grain
Crackers
Assorted Fruit
Juice
Milk

6/14

Smoothie Fri-YAY
Strawberry
Banana OR Mango
Pineapple
Smoothie
Whole Grain
Crackers
Assorted Fruit
Juice
Milk

6/21

Join us from July 8th to August
16th for Fun Activities & Free
Meals for Kids and Teens



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