

Families Making the Connection

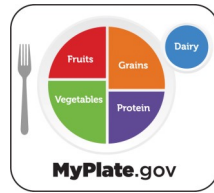
Choose Low Fat Dairy

MyPlate helps families build a healthy plate for meals. MyPlate includes five food groups. Dairy is shown in blue. The dairy group includes milk and milk products, like cheese, yogurt and cottage cheese. School breakfasts and lunches offer a choice of low fat or fat free milk each day.

Milk is power-packed with protein, calcium, phosphorus, vitamins D, A and B12, riboflavin, pantothenic acid, niacin and more. Protein helps build and repair muscle tissue. Calcium, phosphorus and vitamin D help build and maintain strong bones and teeth. Vitamin A helps keep skin and eyes healthy. Milk also contains B vitamins (B12, riboflavin, pantothenic acid and niacin), which help our bodies convert food into fuel.

The nutrients in dairy are important at every stage of life. Choose low fat or fat free dairy milk or yogurt. Individuals who are lactose intolerant can choose low lactose and lactose free dairy products. For folks who choose dairy alternatives, fortified soy beverages and soy yogurt - which are fortified with calcium, vitamin A, and vitamin D, provide key nutrients.

To find more info and learn more, visit <https://www.myplate.gov>.



Menus for June 2021 Menu subject to change due to food availability

	Tuesday, June 1	Wednesday, June 2	Thursday, June 3	Friday, June 4
	Breakfast Bar Oranges/Milk Salisbury Steak/Gravy Mashed Potatoes Mixed Veg/Fruit/Milk	Yogurt Parfait Apple/Milk Spaghetti/Salad Garlic Bread Fruit/Milk	Chocolate Muffins Fruit/Milk Gr. Ch Cheese Burger Chips/Fruit/Milk	Mini Pancakes Fruit Juice/Milk Bean & Rice Burrito Veggies/Fruit Milk
Monday, June 7	Tuesday, June 8	Wednesday, June 9	Thursday, June 10	Friday, June 11
Cereal Bar Fruit /Milk Grape PBJ Veggies/Chips Fruit/Milk	Breakfast Pizza Fruit/Milk Chicken Nuggets/FF Gravy/Mixed Veg Fruit/Milk	Biscuit/Sausage Fruit Juice/Milk Frito Pie Garnish/Fruit/Milk	French Toast Fruit Juice/Milk Tortilla Burger Garnish/Chips Fruit/Milk	Apple Fritter Fruit Juice/Milk Meat & Potato Burrito Veggies/Fruit Milk
Monday, June 14	Tuesday, June 15	Wednesday, June 16	Thursday, June 17	Friday, June 18
Cereal Bar Fruit/Milk Grilled Cheese Veggies/Chips Fruit/Milk	Breakfast Cookie Fruit/Milk Steak Fingers/ Mashed Potatoes/Gravy/Veggie Fruit/Milk	Breakfast Bar Fruit/Milk Peperoni Pizza Broccoli/ Fruit/ Milk	Bagel & Cream Cheese Fruit/Milk Barbeque Sandwich Corn on Cob Fruit/Milk	Mini Waffles Fruit Juice/Milk Chicken & Rice Burrito Veggies/Fruit Milk
Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25
Cereal Bar Fruit /Milk Strawberry PBJ Veggies/Chips Fruit/Milk	Breakfast Sandwich Fruit/Milk Chicken Fajita's/Beans Spanish Rice /Garnish Fruit/Milk	Tortilla/Hash brown & Sausage /Fruit/Milk Gr. Ch Cheese Burger FF/Fruit/Milk	Banana Muffins Fruit/Milk Turkey and Cheese Sub Chips/Fruit/Milk	Mini Pancakes Fruit Juice/Milk Meat & Bean Burrito Veggies/Fruit Milk
Monday, June 28	Tuesday, June 29	Wednesday, June 30		
Cereal Bar Fruit /Milk Grape PBJ Veggies/Chips Fruit/Milk	Breakfast Bar Oranges/Milk Salisbury Steak/Gravy Mashed Potatoes Mixed Veg/Fruit/Milk	Breakfast Bar Fruit/Milk Peperoni Hot Pockets Broccoli/ Fruit/ Milk		

Text FOODNC or COMIDA to 877-877 to find free, safe, nutritious meals for children near you.

Estancia Municipal Schools



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