

JUNE 2024

Lummi Nation School

BREAKFAST



School Information:



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



Pancakes
Sausage Link
Applesauce
Yogurt Cup
Bagels w/ cream cheese
Fresh fruit, Milk

3

Hot or cold cereal
Donuts
Yogurt Cup
Bagels w/ cream cheese
Fresh fruit
Milk

4

Scrambled eggs w/
Bacon and Cheese
Hashbrowns and Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

5

Waffles w/ Sausage link
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

6

Breakfast fried rice
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

7

French Toast
Sausage Link
Yogurt cup
Bagels w/ Cream cheese
Fresh fruit
Milk

10

Hot or cold cereal
Banana bread
Parfaits
Bagels w/ cream cheese
Fresh fruit
Milk

11

Potato bowl: eggs and
cheese
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

12

Pancake on a stick
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

13

Flag Day
Biscuits and gravy
Hard boiled eggs
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

14

17

18

19

20

National Smoothie Day

21

24

25

26

27

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Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Alfredo
Broccoli w/ breadsticks
Sandwiches
Salad Bar
Fresh Fruit
Milk

3

Pizza
Pretzel W/ cheese cup
Sandwiches
Salad Bar
Fresh fruit
Milk

4

Popcorn Chicken
Mashed Potatoes &
Gravy, Corn and a roll
Sandwiches
Salad Bar
Fresh fruit, Milk

5

Orange Chicken
Rice and Peas & Carrots
Sandwiches
Salad Bar
Fresh fruit, Milk

6

Corn Dogs
Chips
Sandwiches
Salad Bar
Fresh Fruit
Milk

7

Chili Mac
A roll
Sandwiches
Salad Bar
Fresh Fruit
Milk

10

Pizza
Pretzel W/ cheese cup
Sandwiches
Salad Bar
Fresh fruit
Milk

11

Chicken Nuggets
Tater Tots
Sandwiches
Salad bar
Fresh fruit
Milk

12

Nacho or Burrito
Spanish Rice
Refried beans
Sandwiches
Salad bar
Fresh fruit
Milk

13

Flag Day
Chicken Burger
Chips
Sandwiches
Salad Bar
Fresh fruit, Milk

14

17

18

19

20

National Smoothie Day

21

24

25

26

27

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