

JUNE 2021 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Bagel Grape Jelly 100% Fruit Juice Milk 	2 Banana Muffin Cheese Cubes Flavored Applesauce Milk	3 Strawberry Splash Pancakes Fresh Fruit Milk	4 Chocolate Crescent Roll Fresh Fruit Milk

Fresh Fruit and Vegetables Month

Make half your plate fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

Fun with Fruit and Veggie Kabobs

A few tips to encourage children to eat fruits and vegetables include making food fun, offering healthy ingredients and letting children help prepare the food. One fun way to get children involved in the kitchen is by letting them create their own kabobs.

- There are a lot of different ways to make kabobs that include a variety of colors and food groups. Rainbow kabobs can be made with fruits and vegetables of varying colors. Create MyPlate kabobs using food from each of the five food groups like ham, cheese, cucumber, pineapple and bread. Try pizza kabobs using a piece of bread, cherry tomato, and a cheese cube.

- Dip fruit kabobs in yogurt or a fruit dip.

- Raw fruits and vegetables can be a choking hazard for children, so be sure to choose small, soft pieces for toddlers and young children.

- For safety reasons, consider using a small straw or a stir stick to assemble the kabob.



*Source: <https://food.unl.edu/food-calendar/june/fresh-fruit-and-vegetables-month>



Menu Subject to Change

[BHT]

Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads and serve 100% fruit juice. Nutrition and allergen information available at www.FSPro.com