

JUNE 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheerios Strawberry Banana Yogurt Craisins 100% Fruit Juice	2 Strawberry NutriGrain Bar String Cheese Fresh Fruit 100% Fruit Juice	3 Yogurt & Granola Fresh Fruit 100% Fruit Juice
6 Corn Chex Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice	7 Bagel Grape Jelly Craisins 100% Fruit Juice	8 Blueberry Muffin Cheese Stick Fresh Fruit 100% Fruit Juice	9 Lucky Charms Animal Crackers Fresh Fruit 100% Fruit Juice	10 Banana Bread Flavored Applesauce 100% Fruit Juice

SUMMERTIME CHALLENGES:

EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! Here are some flavorful suggestions...



MANGO, ORANGE JUICE, CARROT JUICE



STRAWBERRY, BEET, SPINACH, APPLE JUICE



PINEAPPLE, BANANA, COCONUT MILK, SPINACH

*DO NOT attempt to chop or blend without adult supervision.

HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies.



STRAWBERRY + KIWI + LIME



WATERMELON + CUCUMBER + MINT

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change

BEX



Please visit us at www.FSPro.com