



JUNE Cold Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| 3 | 4 | 5 | 6 | 7 |
|---|--|---|---|--|
| <ul style="list-style-type: none"> Cinnamon Chex Cereal & Zac Attack Strawberry Bar (DF) | <ul style="list-style-type: none"> Blueberry Bagel w/Cream Cheese | <ul style="list-style-type: none"> French Toast Muffin | <ul style="list-style-type: none"> Plain Bagel w/Cream Cheese | <ul style="list-style-type: none"> Yogurt & Honey Grahams |
| 10 | 11 | 12 | 13 | 14 |
| <ul style="list-style-type: none"> Zee Zee's Cinnamon Crisp Bar (DF) | <ul style="list-style-type: none"> Banana Muffin | <ul style="list-style-type: none"> Cinnamon Raisin Bagel w/ Cream Cheese | <ul style="list-style-type: none"> Cheerios Cereal & Zac Attack Apple Bar (DF) | <ul style="list-style-type: none"> Breakfast Cinnamon Crumble |
| 17 | 18 | 19 | 20 | 21 |
| <ul style="list-style-type: none"> Corn Chex Cereal & Educational Snacks | <ul style="list-style-type: none"> Plain Bagel w/Cream Cheese | <ul style="list-style-type: none"> Yogurt & Granola | <ul style="list-style-type: none"> Zac Omega Strawberry Bar (DF) | <ul style="list-style-type: none"> French Toast Muffin |
| 24 | 25 | 26 | 27 | 28 |
| <ul style="list-style-type: none"> Multi-Grain Cheerios & Mini Dipperdoodle Bar (DF) | <ul style="list-style-type: none"> Banana Muffin | <ul style="list-style-type: none"> Cinnamon Raisin Bagel w/Cream Cheese | <ul style="list-style-type: none"> Zac Omega Blackberry Bar (DF) | <ul style="list-style-type: none"> Breakfast Cinnamon Crumble |
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DID YOU KNOW?

Start your day off right by eating a healthy breakfast!

Studies show students who eat breakfast have improved cognitive function, attention, and memory, which lead to better math and reading scores, attendance and punctuality.

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily.

We'd love to hear from you! Email SFUSD Student Nutrition Services at school lunch@sfusd.edu with any questions, comments or concerns about the meal program.