



Ledyard Schools Elementary Breakfast Menu. June

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Waffles Blueberry topping Maple Syrup Fresh Local Seasonal Fruit	French toast Maple Syrup Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, Cheese stick, Juice				
11	12	13	14	15
Sunbutter & banana wrap Fresh Local Seasonal Fruit Fruit Juice	Turkey ham melt Fresh Local Seasonal Fruit Fruit Juice	Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Blueberry Parfait Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Muffin Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, cheese stick, Juice				
18	19	20	21	22
Waffles Blueberry topping Maple Syrup Fresh Local Seasonal Fruit	Blueberry Parfait Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Muffin Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, cheese stick, Juice				
25	26	27	31	
French toast Fresh Local Seasonal Fruit Fruit Juice	Turkey ham melt Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center; margin-right: 20px;"> <p style="color: red; font-weight: bold; font-size: 1.2em;">HAVE</p> <p style="color: blue; font-weight: bold; font-size: 1.5em;">A GREAT</p> <p style="color: purple; font-weight: bold; font-size: 1.2em;">SUMMER</p> </div>  </div>	
Weekly Alternate: Cereal, Cheese stick, Juice				
<p>June Food Focus : Summer Vegetables , Tomatoes, Green Beans, peppers, summer squash, corn, stem leaf. Not all vegetables grow at the same pace. For example leafy greens like lettuce and spinach can be ready to harvest and eat in under a month, but beans, tomatoes and peppers could take up to 2 months! If you have a little space, poor soil or are surrounded by cement and blacktop, you can still have a successful garden- in containers. Even the smallest outdoor nock can feature a thriving crop of vegetables, herb and flowers in containers.</p>				
A Full Student breakfast includes are offered with featured fruit and juice sides and a choice of milk				
usda is an equal opportunity employer and provider				