


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT</p> <p>Start your day in a nutritious way, with a low-fat yogurt topped with delicious fruit and whole grain cereal.</p> </div>			<p>Warm Whole Grain Muffin Juice Milk 1</p>	<p>Breakfast in Cafeteria Only 2</p>
<p>Whole Grain Pop tart String Cheese Juice Milk 5</p>	<p>Warm Whole Grain Bagel ful Juice Milk 6</p>	<p>Warm Whole Grain Waffle Wrap Juice Milk 7</p>	<p>Warm Whole Grain Muffin Juice Milk 8</p>	<p>Breakfast in Cafeteria Only 9</p>
<p>Whole Grain Pop tart String Cheese Juice Milk 12</p>	<p>Warm Whole Grain Bagel Juice Milk 13</p>	<p>Warm Whole Grain Waffle Wrap Juice Milk 14</p>	<p>Warm Whole Grain Muffin Juice Milk 15</p>	<p>Breakfast in Cafeteria Only 16</p>
<p>Whole Grain Pop tart String Cheese Juice Milk 19</p>	<p>Warm Whole Grain Bagel ful Juice Milk 20</p>	<p>Warm Whole Grain Waffle Wrap Juice Milk 21</p>	<p>Breakfast in Cafeteria Only 22</p>	<p>HAPPY HOLIDAYS NO SCHOOL 23</p>
<p>HAPPY HOLIDAYS NO SCHOOL 26</p>	<p>HAPPY HOLIDAYS NO SCHOOL 27</p>	<p>HAPPY HOLIDAYS NO SCHOOL 28</p>	<p>HAPPY HOLIDAYS NO SCHOOL 29</p>	<p>HAPPY HOLIDAYS NO SCHOOL 30</p>

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance.²

School Information:

- The Cost of Breakfast is \$1.45 and includes milk
- Breakfast items are subject to change without notice.