


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p><b>BREAKFAST FACT</b>  <b>For kids breakfast contributes:</b></p> <ul style="list-style-type: none"> <li>• Less than 20% of daily calories</li> <li>• More than 30% of calcium, iron, B vitamins<sup>1</sup></li> <li>• Approximately 45% of vitamin D<sup>2</sup></li> </ul> </div>		Warm Whole Grain Waffle Wrap Juice <span style="float: right;">1</span>  Low Fat Milk	Warm Whole Grain Muffin Juice <span style="float: right;">2</span>  Low Fat Milk	BREAKFAST IN CAFÉ ONLY <span style="float: right;">3</span>
Whole Grain Poptart String Cheese Juice <span style="float: right;">6</span>  Low Fat Milk	Warm Whole Grain Bagel ful Juice <span style="float: right;">7</span>  Low Fat Milk	Warm Whole Grain Waffle Wrap Juice <span style="float: right;">8</span>  Low Fat Milk	Warm Whole Grain Muffin Juice <span style="float: right;">9</span>  Low Fat Milk	BREAKFAST IN CAFÉ ONLY <span style="float: right;">10</span>
Whole Grain Poptart String Cheese Juice <span style="float: right;">13</span>  Low Fat Milk	Warm Whole Grain Bagel Juice <span style="float: right;">14</span>  Low Fat Milk	Warm Whole Grain Waffle Wrap Juice <span style="float: right;">15</span>  Low Fat Milk	Warm Whole Grain Muffin Juice <span style="float: right;">16</span>  Low Fat Milk	BREAKFAST IN CAFÉ ONLY <span style="float: right;">17</span>
<b>NO SCHOOL</b> <span style="float: right;">20</span>	Warm Whole Grain Bagel ful Juice <span style="float: right;">21</span>  Low Fat Milk	Warm Whole Grain Waffle Wrap Juice <span style="float: right;">22</span>  Low Fat Milk	Warm Whole Grain Muffin Juice <span style="float: right;">23</span>  Low Fat Milk	BREAKFAST IN CAFÉ ONLY <span style="float: right;">24</span>
Whole Grain Poptart String Cheese Juice <span style="float: right;">27</span>  Low Fat Milk	Warm Whole Grain Bagel Juice <span style="float: right;">28</span>  Low Fat Milk	Warm Whole Grain Waffle Wrap Juice <span style="float: right;">29</span>  Low Fat Milk		

**NUTRITION TIP: Benefits of Vitamin D**

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>3</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>4</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

**School Information:**

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