


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT For kids breakfast contributes:</p> <ul style="list-style-type: none"> • Less than 20% of daily calories • More than 30% of calcium, iron, B vitamins¹ • Approximately 45% of vitamin D² </div>		(3) Breakfast Bites 1 Fruit Milk	Whole Grain Muffin 2 Fruit Milk	(2) Pancakes 3 Juice Milk
Whole Grain Cereal String Cheese 6 Fruit Milk	Whole Grain PopTart Yogurt 7 Fruit Milk	Egg/Cheese Omelet 8 Fruit Milk	Whole Grain Bagel full 9 Fruit Milk	Warm Cinnamon Roll String Cheese 10 Juice Milk
Whole Grain Cereal Yogurt 13 Fruit Milk	Whole Grain Bagel 14 Fruit Milk	(4) French Toast Sticks 15 Fruit Milk	Whole Grain Muffin 16 Fruit Milk	(2) Pancakes 17 Juice Milk
NO SCHOOL 20	Whole Grain PopTart Yogurt 21 Fruit Milk	Breakfast Pizza 22 Fruit Milk	Whole Grain Bagel full 23 Fruit Milk	Warm Cinnamon Roll String Cheese 24 Juice Milk
Whole Grain Cereal String Cheese 27 Fruit Milk	Whole Grain Bagel 28 Fruit Milk	(2) Waffle Sticks 29 Fruit Milk		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.³
- 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.⁴
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

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