


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>		<p>(3) Breakfast Bites <span style="float: right;">1</span></p> <p>4oz Juice                      4oz Fruit                      Low Fat Milk 1m,1b,1f</p>	<p>Whole Grain Bagel <span style="float: right;">2</span></p> <p>Yogurt                      4oz Fruit                      4oz Juice                      Low Fat Milk 2b,1m,1f</p>	<p>Cinnamon Roll <span style="float: right;">3</span></p> <p>String Cheese                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>
<p>Whole Grain Cereal <span style="float: right;">6</span></p> <p>Yogurt                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>	<p>Egg/Cheese Omelet <span style="float: right;">7</span></p> <p>Slice Whole Grain Toast                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,2m,1f</p>	<p>(2) Whole Grain <span style="float: right;">8</span></p> <p>Pancakes                      4oz Fruit                      4oz Juice                      Low Fat Milk 2b,1f</p>	<p>Breakfast Sandwich <span style="float: right;">9</span></p> <p>4oz Fruit                      4oz Juice                      Low Fat Milk 2b,1.5m,1f</p>	<p>Cinnamon Roll <span style="float: right;">10</span></p> <p>String Cheese                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>
<p>Whole Grain Cereal <span style="float: right;">13</span></p> <p>Yogurt                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>	<p>Breakfast Pizza <span style="float: right;">14</span></p> <p>4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>	<p>(3) Breakfast Bites <span style="float: right;">15</span></p> <p>4oz Juice                      4oz Fruit                      Low Fat Milk 1m,1b,1f</p>	<p>Whole Grain Bagel <span style="float: right;">16</span></p> <p>Yogurt                      4oz Fruit                      4oz Juice                      Low Fat Milk 2b,1m,1f</p>	<p>Cinnamon Roll <span style="float: right;">17</span></p> <p>String Cheese                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>
<p><b>NO SCHOOL</b> <span style="float: right;">20</span></p>	<p>Egg/Cheese Omelet <span style="float: right;">21</span></p> <p>Slice Whole Grain Toast                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,2m,1f</p>	<p>(4) French Toast Sticks <span style="float: right;">22</span></p> <p>4oz Juice                      4oz Fruit                      Low Fat Milk 2b,1f</p>	<p>Breakfast Sandwich <span style="float: right;">23</span></p> <p>4oz Fruit                      4oz Juice                      Low Fat Milk 2b,1.5m,1f</p>	<p>Cinnamon Roll <span style="float: right;">24</span></p> <p>String Cheese                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>
<p>Whole Grain Cereal <span style="float: right;">27</span></p> <p>Yogurt                      4oz Fruit                      4oz Juice                      Low Fat Milk 1b,1m,1f</p>	<p>Breakfast Pizza <span style="float: right;">28</span></p> <p>4oz Fruit                      4oz Juice                      Low Fat Milk 1b,2m,1f</p>	<p>(3) Breakfast Bites <span style="float: right;">29</span></p> <p>4oz Fruit                      4oz Juice                      Low Fat Milk 1m,1b,1f</p>		

**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 Subject to Change Without Notice