


# BREAKFAST JANUARY 2012

# RES Classroom Breakfast -8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School <span style="float: right;">2</span>	Warm Whole Grain Bagel Juice Low Fat Milk <span style="float: right;">3</span>	Warm Whole Grain Waffle Wrap Juice Low Fat Milk <span style="float: right;">4</span>	Warm Whole Grain Muffin Juice Low Fat Milk <span style="float: right;">5</span>	Breakfast In Café Only <span style="float: right;">6</span>
Whole Grain Pop tart String Cheese Juice Low Fat Milk <span style="float: right;">9</span>	Warm Whole Grain Bagel Juice Low Fat Milk <span style="float: right;">10</span>	Warm Whole Grain Waffle Wrap Juice Low Fat Milk <span style="float: right;">11</span>	Warm Whole Grain Muffin Juice Low Fat Milk <span style="float: right;">12</span>	Breakfast In Café Only <span style="float: right;">13</span>
Whole Grain Pop tart String Cheese Juice Low Fat Milk <span style="float: right;">16</span>	Warm Whole Grain Bagel Juice Low Fat Milk <span style="float: right;">17</span>	Warm Whole Grain Waffle Wrap Juice Low Fat Milk <span style="float: right;">18</span>	Warm Whole Grain Muffin Juice Low Fat Milk <span style="float: right;">19</span>	Breakfast In Café Only <span style="float: right;">20</span>
Whole Grain Pop tart String Cheese Juice Low Fat Milk <span style="float: right;">23</span>	Warm Whole Grain Bagel Juice Low Fat Milk <span style="float: right;">24</span>	Warm Whole Grain Waffle Wrap Juice Low Fat Milk <span style="float: right;">25</span>	Warm Whole Grain Muffin Juice Low Fat Milk <span style="float: right;">26</span>	Breakfast In Café Only <span style="float: right;">27</span>
Whole Grain Pop tart String Cheese Juice Low Fat Milk <span style="float: right;">30</span>	Warm Whole Grain Bagel Juice Low Fat Milk <span style="float: right;">31</span>	<b>BREAKFAST FACT</b> In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast. <sup>1</sup>		

### NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



### School Information:

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