


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL 2	Whole Grain Bagel 3 Fruit Milk	(3) Breakfast Bites 4 Fruit Milk	Whole Grain Muffin 5 Fruit Milk	(2) Pancakes 6 Fruit Milk
Whole Grain Cereal String Cheese 9 Fruit Milk	Whole Grain Pop tart 10 Fruit Milk	(4) French Toast Sticks 11 Fruit Milk	Whole Grain Bagel-ful 12 Fruit Milk	Warm Cinnamon Roll Yogurt 13 Fruit Milk
Whole Grain Cereal Yogurt 16 Fruit Milk	Whole Grain Bagel 17 Fruit Milk	(2) Waffle Sticks 18 Fruit Milk	Whole Grain Muffin 19 Fruit Milk	(2) Pancakes 20 Fruit Milk
Whole Grain Cereal String Cheese 23 Fruit Milk	Whole Grain Pop tart 24 Fruit Milk	Breakfast Pizza 25 Fruit Milk	Whole Grain Bagel-ful 26 Fruit Milk	Warm Cinnamon Roll Yogurt 27 Fruit Milk
Whole Grain Cereal Yogurt 30 Fruit Milk	Whole Grain Bagel 31 Fruit Milk	BREAKFAST FACT 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. ¹		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



School Information:

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