


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	Breakfast Pizza <sup>3</sup> 4oz Fruit 4oz Juice  Low Fat Milk 1b,1m,1f	(3) Breakfast Bites <sup>4</sup> 4oz Fruit 4 oz Juice  Low Fat Milk 1m,1b,1f	Whole Wheat Bagel <sup>5</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 2b,1m,1f	Cinnamon Roll <sup>6</sup> String Cheese 4oz Fruit 4 oz Juice Low Fat Milk 1b,1m,1f
Whole Grain Cereal <sup>9</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	Egg/Cheese Omelet <sup>10</sup> Slice Whole Wheat Toast 4oz Fruit 4oz Juice Low Fat Milk 1b,2m,1f	(2) Whole Grain <sup>11</sup> Pancakes 4oz Fruit 4oz Juice Low Fat Milk 2b,1f	Breakfast Sandwich <sup>12</sup>  4oz Fruit 4oz Juice Low Fat Milk 2b,1.5m,1f	Cinnamon Roll <sup>13</sup> String Cheese 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f
Whole Grain Cereal <sup>16</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	Breakfast Pizza <sup>17</sup> 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	(3) Breakfast Bites <sup>18</sup> 4oz Fruit 4 oz Juice Low Fat Milk 2m,1b,1f	Whole Wheat Bagel <sup>19</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 2b,1m,1f	Cinnamon Roll <sup>20</sup> String cheese 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f
Whole Grain Cereal <sup>23</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	Egg/Cheese Omelet <sup>24</sup> Slice Whole Wheat Toast 4oz Fruit 4oz Juice Low Fat Milk 1b,2m,1f	(4) French Toast Sticks <sup>25</sup> 4oz Fruit 4oz Juice Low Fat Milk 2b,1f	Breakfast Sandwich <sup>26</sup>  4oz Fruit 4oz Juice Low Fat Milk 2b.1.5m,1f	Cinnamon Roll <sup>27</sup> String Cheese 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f
Whole Grain Cereal <sup>30</sup> Yogurt 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	Breakfast Pizza <sup>31</sup> 4oz Fruit 4oz Juice Low Fat Milk 1b,1m,1f	<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:

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