


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Warm Bagel ful 1 Juice Milk	Warm Waffle Wrap 2 Juice Milk	Warm Whole Grain 3 Muffin Juice Milk	Breakfast in Café 4
Whole Grain Pop tart 7 String Cheese Juice Milk	Whole Grain Bagel 8 Juice Milk	Warm Waffle Wrap 9 Juice Milk	Warm Whole Grain 10 Muffin Juice Milk	Breakfast in Cafe 11
Whole Grain Pop tart 14 String Cheese Juice Milk	Warm Bagel ful 15 Juice Milk	Warm Waffle Wrap 16 Juice Milk	Warm Whole Grain 17 Muffin Juice Milk	Breakfast in Cafe 18
Whole Grain Pop tart 21 String Cheese Juice Milk	Whole Grain Bagel 22 Juice Milk	Warm Waffle Wrap 23 Juice Milk	HAPPY THANKSGIVING 24	NO SCHOOL 25
Whole Grain Pop tart 28 String Cheese Juice Milk	Warm Bagel ful 29 Juice Milk	Warm Waffle Wrap 30 Juice Milk	<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT</p> <p>People who eat breakfast are less likely to be overweight.¹</p> </div>	

NUTRITION TIP: Calcium and Bone Health

- Many children and especially teenage girls do not get the recommended amount of calcium their bodies need each day²
- **MyPlate** states: The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.³



School Information:

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