



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Pop tart String Cheese 3 Juice Milk	Warm Bagel ful 4 Juice Milk	Warm Waffle Wrap 5 Juice Milk	Warm Muffin 6 Juice Milk	Breakfast in Cafe 7
Whole Grain Pop tart String Cheese 10 Juice Milk	Warm Bagel 11 Juice Milk	Warm Waffle Wrap 12 Juice Milk	Warm Muffin 13 Juice Milk	Breakfast in Cafe 14
Whole Grain Pop tart String Cheese 17 Juice Milk	Warm Bagel ful 18 Juice Milk	Warm Waffle Wrap 19 Juice Milk	Warm Muffin 20 Juice Milk	Breakfast in Cafe 21
Whole Grain Pop tart String cheese 24 Juice Milk	Warm Bagel 25 Juice Milk	Breakfast in Cafe 26	No School 27	No School 28
Whole Grain Pop tart String Cheese 31 Juice Milk		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>BREAKFAST FACT</p> <p>Children who eat breakfast are able to concentrate and learn better at school.¹</p> </div>		

NUTRITION TIP: Health Benefits of Whole Grain Go Beyond Vitamins and Minerals

- Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and phytonutrients.
- This is why whole grain may help reduce the risk of many chronic diseases such as heart disease.^{2,3}

School Information:

- Type your school information here.