


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p><b>BREAKFAST FACT</b></p> <p>Start your day in a nutritious way, with a low-fat yogurt topped with delicious fruit and whole grain cereal.</p> </div>			<p>Whole Grain Bagel <span style="float: right;">1</span></p> <p>Fruit Milk</p>	<p>(2) Whole Grain Pancakes <span style="float: right;">2</span></p> <p>Juice Milk</p>
<p>Whole Grain Cereal Yogurt <span style="float: right;">5</span></p> <p>Fruit Milk</p>	<p>Whole Grain Pop tart String Cheese <span style="float: right;">6</span></p> <p>Fruit Milk</p>	<p>(4) Whole Grain French Toast Sticks <span style="float: right;">7</span></p> <p>Fruit Milk</p>	<p>Whole Grain Muffin <span style="float: right;">8</span></p> <p>Fruit Milk</p>	<p>Warm Cinnamon Roll Yogurt <span style="float: right;">9</span></p> <p>Juice Milk</p>
<p>Whole Grain Cereal String Cheese <span style="float: right;">12</span></p> <p>Fruit Milk</p>	<p>Whole Grain Bagel <span style="float: right;">13</span></p> <p>Fruit Milk</p>	<p>(2) Whole Grain Waffles <span style="float: right;">14</span></p> <p>Fruit Milk</p>	<p>Whole Grain Bagel <span style="float: right;">15</span></p> <p>Fruit Milk</p>	<p>(2) Whole Grain Pancakes <span style="float: right;">16</span></p> <p>Juice Milk</p>
<p>Whole Grain Cereal Yogurt <span style="float: right;">19</span></p> <p>Fruit Milk</p>	<p>Whole Grain Pop tart String Cheese <span style="float: right;">20</span></p> <p>Fruit Milk</p>	<p>(3) Breakfast Bites <span style="float: right;">21</span></p> <p>Fruit Milk</p>	<p>Warm Cinnamon Roll <span style="float: right;">22</span></p> <p>Juice Milk</p>	<p><span style="float: right;">23</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>
<p><span style="float: right;">26</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>	<p><span style="float: right;">27</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>	<p><span style="float: right;">28</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>	<p><span style="float: right;">29</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>	<p><span style="float: right;">30</span></p> <p><b>HAPPY HOLIDAYS NO SCHOOL</b></p>

**NUTRITION TIP: Lactose Intolerance**

- About 1 in 4 Americans is lactose intolerant.<sup>1</sup>
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance.<sup>2</sup>

**School Information:**

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