



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cereal String Cheese <span style="float: right;">3</span> Juice Milk	Warm Whole Grain Bagel <span style="float: right;">4</span> Fruit Milk	(4) Whole Grain French Toast Sticks <span style="float: right;">5</span> Fruit Milk	Warm Whole Grain Muffin <span style="float: right;">6</span> Fruit Milk	Warm Cinnamon Roll String Cheese Juice Milk <span style="float: right;">7</span>
Whole Grain Cereal Yogurt <span style="float: right;">10</span> Juice Milk	Whole Grain Poptart String Cheese <span style="float: right;">11</span> Fruit Milk	Scrambled Eggs Whole Wheat Toast <span style="float: right;">12</span> Fruit Milk	Warm Whole Grain Bagel <span style="float: right;">13</span> Fruit Milk	(2) Whole Grain Pancakes <span style="float: right;">14</span> Juice Milk
Whole Grain Cereal String Cheese <span style="float: right;">17</span> Juice Milk	Warm Whole Grain Bagel <span style="float: right;">18</span> Fruit Milk	(3) Breakfast Bites <span style="float: right;">19</span> Fruit Milk	Warm Whole Grain Muffin <span style="float: right;">20</span> Fruit Milk	Warm Cinnamon Roll String Cheese <span style="float: right;">21</span> Juice Milk
Whole Grain Cereal Yogurt <span style="float: right;">24</span> Juice Milk	Whole Grain Poptart Yogurt <span style="float: right;">25</span> Fruit Milk	Breakfast Pizza <span style="float: right;">26</span> Fruit Milk	<b>No School Today</b> <span style="float: right;">27</span>	<b>No School Today</b> <span style="float: right;">28</span>
Whole Grain Cereal String Cheese <span style="float: right;">31</span> Juice Milk				

### 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.<sup>2,3</sup>

### School Information:

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