


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

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- 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.²

School Information:

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