



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cereal String Cheese 3 Juice Milk	(2) Whole Grain Pancakes 4 Fruit Milk	(4) Whole Grain French Toast Sticks 5 Fruit Milk	Whole Grain Bagel 6 Fruit Milk	Warm Cinnamon Roll String Cheese Juice Milk 7
Whole Grain Cereal Yogurt 10 Juice Milk	(2) Whole Grain Waffles 11 Fruit Milk	Scrambled Eggs Whole Wheat Toast 12 Fruit Milk	Smuckers Crustless PB&J 13 Fruit Milk	Warm Cinnamon Roll Yogurt Juice Milk 14
Whole Grain Cereal String Cheese 17 Juice Milk	(2) Whole Grain Pancakes 18 Fruit Milk	(3) Breakfast Bites 19 Fruit Milk	Whole Grain Muffin 20 Fruit Milk	Warm Cinnamon Roll String Cheese Juice Milk 21
Whole Grain Cereal Yogurt 24 Juice Milk	(2) Whole Grain Waffles 25 Fruit Milk	Warm Cinnamon Roll Yogurt 26 Juice Milk	No School Today 27	No School Today 28
Whole Grain Cereal String Cheese' 31 Juice Milk		<div style="border: 1px solid black; padding: 5px;"> <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:

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