


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT For kids breakfast contributes:</p> <ul style="list-style-type: none"> • Less than 20% of daily calories • More than 30% of calcium, iron, B vitamins¹ • Approximately 45% of vitamin D² </div>		Warm Mini Cinnis Juice Milk 1	Sausage Bagel Fresh Fruit or Juice Milk 2	Chicken Biscuit Fresh Fruit or Juice Milk 3
Breakfast Pizza Fresh Fruit or Juice Milk 6	Pop Tarts Juice Milk 7	Colby Cheese Omelet Hash Brown Milk 8	Cocoa Roos Cereal Pk Graham Juice Milk 9	Bob Evan's Saus. Biscuit Juice Milk 10
Breakfast Burrito Fresh Fruit or Juice Milk 13	Breakfast Bagel Pizza Fresh Fruit or Juice Milk 14	Chicken Biscuit Fresh Fruit or Juice Milk 15	Blueberry Muffin President Cookies Juice Milk 16	New! Mini Waffles Fresh Fruit or Juice Milk 17
Presidents' Day No School! 20	Mini Nilla Wafers String Cheese Juice Milk 21	Yogurt Bug Bite Grahams Juice Milk 22	Apple Zings Cereal Pk. Graham Juice Milk 23	Scrambled Eggs Sausage Link Fresh Fruit or Juice Milk 24
New! Oatmeal Breakfast Bar Juice Milk 27	Warm Mini Pancakes Fresh Fruit or Juice Milk 28	Bob Evan's Saus. Biscuit Fresh Fruit or Juice Milk 29		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.³
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.⁴
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

- Breakfast Prices: Students: \$1.00 Reduced .30 Adults: \$1.25
- All breakfasts meet the guidelines of the National School Breakfast Program
- **THIS DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER/EMPLOYER.**