


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>		Assorted Cereal Milk/Juice 1 Or Go-Gurt	Assorted Cereal Milk/Juice 2 Or PB&J Pockets	Assorted Cereal Milk/Juice 3 Or Scrambled Eggs & Toast
Assorted Cereal Milk/Juice 6 Or Peanut Butter Toast	Assorted Cereal Milk/Juice 7 Or Muffin Tops	Assorted Cereal Milk/Juice 8 Or Doughnuts	Assorted Cereal Milk/Juice 9 Or Pop-tarts	Assorted Cereal Milk/Juice 10 Or Scrambled Eggs & Toast
Assorted Cereal Milk/Juice 13 Or Pancakes	Assorted Cereal Milk/Juice 14 Or PB&J Pockets	Assorted Cereal Milk/Juice 15 Or Cinnamon Toast	Assorted Cereal Milk/Juice 16 Or Go-Gurt	Assorted Cereal Milk/Juice 17 Or Scrambled Eggs & Toast
NO SCHOOL! Presidents Day 20	Assorted Cereal Milk/Juice 21 Or Pop-tarts	Assorted Cereal Milk/Juice 22 Or Biscuits & Jelly	Assorted Cereal Milk/Juice 23 Or French Toast Sticks	Assorted Cereal Milk/Juice 24 Or Scrambled Eggs & Toast
Assorted Cereal Milk/Juice 27 Or Cinnamon Toast	Assorted Cereal Milk/Juice Or Waffle Sticks	Assorted Cereal Milk/Juice 29 Or PB&J Toast		

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.

School Information:

- Remember Pre-K through 5th grade the breakfast cost is \$1.70. Lunch is \$2.20. 6th through 8th grade, breakfast is \$1.70. Lunch is \$2.45.