

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Prices:

Paid - \$1.50
 Reduced - \$0.30
 Adult - \$2.00

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Cream Cheese Bagel
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

In-Service Day

In-Service Day

No School

No School

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Cream Cheese Bagel
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Muffin
 Cheesestick
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Whole Grain Cereal
 Low-fat Yogurt
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Cream Cheese Bagel
 Fruit
 100% Fruit Juice
 Low-fat Milk Choice

Made in your body, vitamin D plays an important role in bone health along with calcium. Vitamin D promotes the absorption of calcium, phosphorus, and helps deposit these minerals in bones and teeth to make them stronger and healthier.

The fortification of milk with vitamin D has virtually eliminated the risk of vitamin D deficiency in children. However, the rising consumption of juice and soft drinks in place of milk is increasing the probability of deficiency, which can lead to rickets or defective bone growth. Make sure your child is getting enough vitamin D each day by including milk with most meals. Cheese, eggs and fortified breakfast cereals also contain small amounts of vitamin D.

This institution is an equal opportunity provider.