

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Prices:
Paid - \$1.50
Reduced - \$0.30
Adult - \$2.00



5
Muffin
Cheesestick
Fruit
100% Fruit Juice
Low-fat Milk Choice

6
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

7
Cream Cheese Bagel
Fruit
100% Fruit Juice
Low-fat Milk Choice

1
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

2
Muffin
Cheesestick
Fruit
100% Fruit Juice
Low-fat Milk Choice

12
Muffin
Cheesestick
Fruit
100% Fruit Juice
Low-fat Milk Choice

13
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

14
In-Service Day

15
In-Service Day

16
No School

19
No School

20
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

21
Cream Cheese Bagel
Fruit
100% Fruit Juice
Low-fat Milk Choice

22
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

23
Muffin
Cheesestick
Fruit
100% Fruit Juice
Low-fat Milk Choice

26
Muffin
Cheesestick
Fruit
100% Fruit Juice
Low-fat Milk Choice

27
Whole Grain Cereal
Low-fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

28
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.