

# BREAKFAST

January 2015

## GOOD MORNING ELL-SALINE

### DID YOU KNOW?

Vitamin D and calcium work together to help build strong bones. They work much like a key and a locked door. The vitamin D is the key that unlocks the door and helps the body absorb the calcium. Nearly all types of milk, including low-fat and fat-free plain and flavored, are fortified with vitamin D. Some yogurts and cheeses are fortified too, so check the labels. Vitamin D milk is available to all children in the cafeteria every day at Breakfast and Lunch

\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

### Nutrition Tip

\***Breakfast supplies essential nutrients.**

\* **Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including; Calcium, Iron and B Vitamins.**

BREAKFAST PIZZA  
SLICED PEACHES  
FRUIT JUICE CHOICE  
MILK

5

CEREAL, STRING CHEESE  
BANANA  
FRUIT JUICE CHOICE  
MILK

6

OATMEAL BREAKFAST  
ROUND, FRUIT  
YOGURT CUP  
FRUIT JUICE CHOICE  
MILK

7

FRENCH TOAST STICKS  
SYRUP  
APPLE QUARTERS  
FRUIT JUICE CHOICE  
MILK

8

QUICK BLUE BERRY  
BUBBLE BREAD  
ORANGES  
FRUIT JUICE CHOICE  
MILK

9

CEREAL  
STRING CHEESE  
DICED PEACHES  
FRUIT JUICE CHOICE  
MILK CHOICE

12

PANCAKE ON A STICK  
APPLE SLICES  
FRUIT JUICE CHOICE  
MILK CHOICE

13

BISCUIT & GRAVY  
BANANA  
FRUIT JUICE CHOICE  
MILK CHOICE

14

SAUSAGE BREAKFAST  
SANDWICH  
FRUIT COCKTAIL  
FRUIT JUICE CHOICE  
MILK CHOICE

15

WHOLE GRAIN MUFFIN  
ORANGE  
FRUIT JUICE CHOICE  
MILK CHOICE

16

NO SCHOOL TODAY

19

CHICKEN BISCUIT  
PINEAPPLE TIDBITS  
FRUIT JUICE CHOICE  
MILK CHOICE

20

WHOLE GRAIN CEREAL  
SAUSAGE PATTY  
BANANA  
FRUIT JUICE CHOICE  
MILK CHOICE

21

PANCAKE ON A STICK  
APPLE SAUCE  
FRUIT JUICE CHOICE  
MILK CHOICE

22

CEREAL  
POPART  
GRAPES  
FRUIT JUICE CHOICE  
MILK CHOICE

23

MINI WAFFLES & SYRUP  
FORANGE  
FRUIT JUICE CHOICE  
MILK CHOICE

26

WHOLE GRAIN CINNAMON  
ROLL  
BANANA  
FRUIT JUICE CHOICE  
MILK CHOICE

27

BREAKFAST PIZZA  
PINEAPPLE TIDBITS  
FRUIT JUICE CHOICE  
MILK CHOICE

28

WHOLE GRAIN MUFFIN  
APPLE SAUCE  
FRUIT JUICE CHOICE  
MILK CHOICE

29

WHOLE GRAIN CEREAL  
BREAKFAST PASTRY  
DICED PEARS  
FRUIT JUICE CHOICE  
MILK CHOICE

30

