

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>		<p>BACON SCRAMBLED EGGS WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">1</p>	<p>DONUT CEREAL FRUIT JUICE MILK</p> <p style="text-align: right;">2</p>	<p>BISCUIT AND GRAVY FRUIT JUICE MILK</p> <p style="text-align: right;">3</p>
<p>CEREAL YOGURT WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">6</p>	<p>SAUSAGE BISCUIT FRUIT JUICE MILK</p> <p style="text-align: right;">7</p>	<p>BACON SCRAMBLED EGGS WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">8</p>	<p>FRENCH TOAST STICKS SYRUP FRUIT JUICE MILK</p> <p style="text-align: right;">9</p>	<p>NO SCHOOL PROFESSIONAL DAY</p> <p style="text-align: right;">10</p>
<p>PANCAKE ON A STICK SYRUP FRUIT JUICE MILK</p> <p style="text-align: right;">13</p>	<p>BREAKFAST PIZZA FRUIT JUICE MILK</p> <p style="text-align: right;">14</p>	<p>BACON SCRAMBLED EGGS WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">15</p>	<p>LONG JOHN CEREAL FRUIT JUICE MILK</p> <p style="text-align: right;">16</p>	<p>BISCUIT AND GRAVY FRUIT JUICE MILK</p>
<p>NO SCHOOL PRESIDENTS DAY SNOW DAY</p> <p style="text-align: right;">20</p>	<p>SAUSAGE BISCUIT FRUIT JUICE MILK</p> <p style="text-align: right;">21</p>	<p>BACON SCRAMBLED EGGS WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">22</p>	<p>BREAKFAST PIZZA FRUIT JUICE MILK</p> <p style="text-align: right;">23</p>	<p>BISCUIT AND GRAVY FRUIT JUICE MILK</p>
<p>DONUT CEREAL FRUIT JUICE MILK</p> <p style="text-align: right;">27</p>	<p>SAUSAGE PATTY TRI TATOR WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">28</p>	<p>BACON SCRAMBLED EGGS WHEAT TOAST FRUIT JUICE MILK</p> <p style="text-align: right;">29</p>		

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.

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