

BREAKFAST

FEBRUARY 2012

BREAKFAST FREE FOR ALL STUDENTS

LOWER ELEMENTARY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <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> | | SAUSAGE AND CHEESE 1 BISCUIT MIXED FRUIT JUICE MILK | BACON 2 EGG PATTY WHEAT TOAST PINEAPPLE JUICE MILK | BISCUIT AND GRAVY 3 FRUIT JUICE MILK |
| CEREAL 6 WHITE TOAST APPLESAUCE JUICE MILK | FRENCH TOAST STICKS 7 SYRUP PEACHES JUICE MILK | POPTARTS 8 STRING CHEESE ½ APPLE MILK | BACON 9 EGG PATTY WHEAT TOAST MANDARIN ORANGES JUICE MILK | PROFESSIONAL DAY 10 NO SCHOOL |
| CEREAL 13 CINNAMON TOAST PEARS JUICE MILK | PANCAKE 14 SYRUP MIXED FRUIT JUICE MILK | BREAKFAST PIZZA 15 ORANGE WEDGES JUICE MILK | BACON 16 EGG PATTY WHEAT TOAST APPLESAUCE JUICE MILK | BISCUIT AND GRAVY 17 ½ BANANA JUICE MILK |
| NO SCHOOL 20 PRESIDENTS DAY SNOW DAY | EGG AND CHEESE 21 BISCUIT PINEAPPLE JUICE MILK | CEREAL 22 WHEAT TOAST PEARS JUICE MILK | BACON 23 EGG PATTY WHEAT TOAST MIXED FRUIT JUICE MILK | BISCUIT AND GRAVY 24 ½ APPLE JUICE MILK |
| CEREAL 27 WHITE TOAST PEACHES JUICE MILK | FRENCH TOAST STICKS 28 SYRUP MANDARIN ORANGES JUICE MILK | DONUT 29 YOGURT ½ APPLE JUICE MILK |  | USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER |

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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