


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>		SCRAMBLED EGGS 1 BACON WHEAT TOAST JUICE FRUIT MILK	CEREAL 2 WHEAT TOAST FRUIT JUICE MILK	BISCUIT AND GRAVY 3 FRUIT JUICE MILK
BREAKFAST PIZZA 6 FRUIT JUICE MILK	SAUSAGE PATTY 7 WHEAT TOAST TRI TATOR FRUIT JUICE MILK	SCRAMBLED EGGS 8 BACON WHEAT TOAST JUICE FRUIT MILK	CEREAL 9 WHEAT TOAST FRUIT JUICE MILK	NO SCHOOL 10 PROFESSIONAL DAY
LONG JOHN 13 STRING CHEESE FRUIT JUICE MILK	PANCAKE ON A STICK 14 SYRUP FRUIT JUICE MILK	SCRAMBLED EGGS 15 BACON WHEAT TOAST JUICE FRUIT MILK	CEREAL 16 WHEAT TOAST FRUIT JUICE MILK	BISCUIT AND GRAVY 17 FRUIT JUICE MILK
NO SCHOOL 20 SNOW DAY/PRESIDENTS DAY	FRENCH TOAST STICKS 21 SYRUP FRUIT JUICE MILK	SCRAMBLED EGGS 22 BACON WHEAT TOAST JUICE FRUIT MILK	CEREAL 23 WHEAT TOAST FRUIT JUICE MILK	BISCUIT AND GRAVY 24 FRUIT JUICE MILK
BREAKFAST CHICKEN 27 BISCUIT FRUIT JUICE MILK	PANCAKES 28 SYRUP SAUSAGE FRUIT JUICE MILK	SCRAMBLED EGGS 29 BACON WHEAT TOAST JUICE FRUIT MILK		<p>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</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.

FOOD SERVICE MANAGER: KIM DAVIS 918-786-3003 EX 1123
 FSM ASST. ALLERGIES & SPECIAL DIETS : KATHIE HANNA
 918-786-3003 EX 1123
 UE HEAD COOK CHERYL MOORE : 918-786-3003 EXT 1309
 MS HEAD COOK: DARLENE JOHNSON: 918-786-3003 EXT 1123