


Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
	6	7		8		9		10	
	13	14		15		16		17	
	20	21		22		23		24	
	27	28	Assorted Cereals & Milk Fresh Fruit Breakfast Bar Chilled Juice	29	Assorted Cereal Whole Grain Chocolate Chip Muffin Fresh Fruit Chilled Juice Milk	30	Assorted Cereal Bagel w/ Cream Cheese Assorted Fruit Chilled Juice Milk	31	

 **Nutrition Tip:** Students who participate in school breakfast show improved attendance, behavior, and standardized achievement test scores as well as decreased tardiness. By eating breakfast every morning, you are able to be more focused and productive until it's time to refuel at lunch.