

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Granola Bar Cereal Juice Milk 2	Muffins Cereal Juice Milk 3	Bagels Cream Cheese Cereal Juice Milk 4	Cinnamon Roll Cereal Juice Milk 5	Peanut Butter & Jelly sandwich Cereal Juice Milk 6
Mini Doughnuts Cereal Juice Milk 9	Muffins Cereal Juice Milk 10	Bagels Cream Cheese Cereal Juice Milk 11	Cinnamon Roll Cereal Juice Milk 12	Peanut Butter & Jelly sandwich Cereal Juice Milk 13
Martin Luther King Day 16	Muffins Cereal Juice Milk 17	Bagels Cream Cheese Cereal Juice Milk 18	Cinnamon Roll Cereal Juice Milk 19	Peanut Butter & Jelly sandwich Cereal Juice Milk 20
Mini Doughnuts Cereal Juice Milk 23	Muffins Cereal Juice Milk 24	Bagels Cream Cheese Cereal Juice Milk 25	Cinnamon Roll Cereal Juice Milk 26	Peanut Butter & Jelly sandwich Cereal Juice Milk 27
Mini Doughnuts Cereal Juice Milk 30	Muffins Cereal Juice Milk 31	BREAKFAST FACT In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast. ¹		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



School Information:

- Type your school information here.