

BREAKFAST FEBRUARY 2012

Prairie View School District #362

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>		Pancake On Stick Or Cereal Graham Cracker Milk Juice	1 Streusel Cake Sausage Links Or Cereal Graham Cracker Milk Juice	2 Biscuit & Gravy Or Cereal Graham Cracker Milk Juice
Pancake Or Cereal Biscuit Milk Juice	6 Biscuit & Chicken Or Cereal Biscuit Milk Juice	7 Biscuit Egg & Ham Or Cereal Biscuit Milk Juice	8 Blueberry Bubble Bread Sausage Pattie Or Cereal Biscuit Milk Juice	9 No School
Breakfast Pizza Or Cereal String Cheese Milk Juice	13 French Toast Or Cereal String Cheese Milk Juice	14 Pancake on Stick Or Cereal String Cheese Milk Juice	15 Breakfast Bake Or Cereal String Cheese Milk Juice	16 Biscuit & Gravy Or Cereal String Cheese Milk Juice
No School	20 Blueberry Muffin Yogurt Or Cereal Graham Cracker Milk Juice	21 Streusel Cake Sausage Links Or Cereal Graham Cracker Milk Juice	22 Biscuit Egg & Bacon Or Cereal Graham Cracker Milk Juice	23 Biscuit & Gravy Or Cereal Graham Cracker Milk Juice
Breakfast Pizza Or Cereal String Cheese Milk Juice	27 Donut Sausage Links Or Cereal String Cheese Milk Juice	28 Pancake on Stick Or Cereal String Cheese Milk Juice	29 	

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Taco's Corn Dogs Tossed Salad Refried Beans Relishes\Apple Chocolate Cake\Milk	Teriyaki Chicken Corn Dog Tater Tots Corn Strawberries\Banana Pears\Milk	Cheeseburger Fries Mixed Vegetables Pineapple\Banana Mandarin Oranges Milk
Chicken Nuggets Mashed Potatoes\Gravy Green Bean Mandarin Oranges Shape Up Roll\Milk	Stromboli Hamburger Mixed Vegetables\Relishes Pineapple\Peaches Sherbet Milk	Pizza Hamburger Tossed Salad Peas & Carrot\Corn Pineapple Strawberry Shortcake\Milk	Chili Frito Pie PB&J Relishes\Spinach Orange Halves Fruit Cup Cinnamon Tasteries\Milk	No School
PB&J Chicken Pattie Fries\Mixed Vegetables Pears Pineapple Cookie\Milk	Crispito Chicken Pattie Broccoli Rice Peaches Apple Crisp\Milk	Scramble Eggs Sausage Links Tri-Tater Frozen Fruit Mandarin Oranges Biscuit\Gravy\Milk	Chicken & Noodles Mashed Potatoes\Gravy Pea's Orange Halves Shape-Up Roll\Milk	Hot Ham & Cheese Chicken Pattie Sun Chips Baked Beans\Corn Fruit Cup Milk
No School	Chicken Fried Steak Mashed Potato\Gravy Corn Mandarin Oranges\Pear Roll Milk	Pig-n-Blanket Corn Dog Fries Cheese Cauliflower Pineapple Strawberry Shortcake\Milk	Nacho Supreme Corn Dog Refried Bean Lettuce\Tomatoes\Broccoli Peaches\Orange Halves Cinnamon Puff\Milk	Chicken Wrap Corn Dog Fries Relishes\Frozen Fruit Cookie Milk
Chicken Nuggets Mashed Potatoes\Gravy Green Bean Pears Shape Up Roll\Milk	Cheeseburger Fries Mixed Vegetables Pineapples & Bananas Mandarin Oranges Milk	Chili\Crackers PB&J Relishes\Spinach Pears\Applesauce Cinnamon Roll Milk		

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