

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
B Iron Fortified Cereal Banana *LF Milk	B *W W English Muffin Apples *LF Milk	B Iron Fortified Oatmeal Peaches *LF Milk	B *W W Pancake Applesauce *LF Milk	B Iron Fortified Cereal Oranges *LF Milk
S Tossed salad and Garbanzo Beans with Water	S *WW Cheese Sandwich and Fresh Oranges with Water	S Fresh Apples and Yogurt with Water	S *WW Bagels w/cream cheese Fresh Oranges with water	S WW Bread Stick, Zucchini & Pizza Sauce with Water
8	9	10	11	12
B Iron Fortified Cereal Banana *LF Milk	B *W W Tortilla, Eggs Fresh Apples *LF Milk	B *WW Toast, Yogurt Fruit Mix *LF Milk	B *W W French Toast Applesauce *LF Milk	B Blueberry Muffin Apricots *LF Milk
S Applesauce, Graham Crackers with Water	S Gold Fish Crackers, Broccoli and Cauliflower with Water	S Pretzels and Oranges with water	S Fruit Bread and Carrots with Water	S String Cheese and Cucumber with Water
15	16	17	18	19
B Iron Fortified Cereal Banana *LF Milk	B *W W Toast, Fresh Apples *LF Milk	B Iron Fortified Oatmeal Raisins *LF Milk	B *W W Pancake, Applesauce *LF Milk	B Iron Fortified Cereal Oranges *LF Milk
S Tossed salad and Garbanzo Beans with Water	S *WW Cheese Sandwich and Fresh Oranges with Water	S Fresh Apples and Yogurt with Water	S *WW Bagels w/cream cheese, Fresh Oranges with water	S WW Bread Stick, Zucchini & Pizza Sauce with Water
22	23	24	25	26
B Iron Fortified Cereal Banana *LF Milk	B *W W Tortilla, Eggs Fresh Oranges *LF Milk	B *WW Toast, Yogurt Fresh Apples *LF Milk	B *W W French Toast Applesauce *LF Milk	B Bran Muffin Apricots *LF Milk
S Applesauce, Graham Crackers with Water	S Gold Fish Crackers, Broccoli and Cauliflower with Water	S Pretzels and Oranges with water	S Fruit Bread and Carrots with Water	S String Cheese and Cucumber with Water
29	30	31		
NO SCHOOL MEMORIAL DAY	B *W W English Muffin Apples *LF Milk	B Iron Fortified Oatmeal Peaches *LF Milk		
	S *WW Cheese Sandwich and Fresh Oranges with Water	S Fresh Apples and Yogurt with Water		



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Your Drink

CHOOSE:

- . Water
- . Low-fat (1%) or Fat Free Milk
- . 100% fruit juice (in limited amounts)
- . 100% vegetable juice

GROWING HEALTHY IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5 Eat at least 5 fruits and vegetables a day.
- 2 Keep screen time (like TV, video games computer) down to 2 hours or less a day.
- 1 Get 1 hour or more of physical activity every day.
- 0 Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water everyday.

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El Dorado County Office of Education