

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
B Iron Fortified Cereal Banana and *LF Milk	B *W W English Muffin Fresh Apples*LF Milk	B Iron Fortified Oatmeal Peaches *LF Milk	B *W W Pancake, Applesauce *LF Milk	SNOW DAY ALLOWANCE NO SCHOOL	
L Ham and Brown Rice Broccoli, Apricots *LF Milk	L *WW Tacos or Taco Salad with meat and cheese Pineapple *LF Milk	L *WW Spaghetti w/meat sauce Tossed Salad Pears *LF Milk	L *WW Cheese Pizza Tossed Salad Fruit Mix *LF Milk		
S Tossed Salad and Garbanzo Beans with Water	S *WW Cheese Sandwich and Oranges with Water	S Fresh Apples and Yogurt with Water	S *WW Bagels w/cream cheese Fresh Oranges with Water		
8	9	10	11	12	
B Iron Fortified Cereal Banana and *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 and *LF Milk	B Blueberry Muffin Apricots and *LF Milk	CHOOSE: . Water . Low-fat (1%) or Fat Free Milk . 100% fruit juice (in limited amounts) . 100% vegetable juice
L *WW Noodles with Meat Balls Tossed Salad Pineapple *LF Milk	L BBQ Beef on a *W W Bun Cole Slaw Pears *LF Milk	L *W W Penne w/Chicken or Turkey, Broccoli Peaches *LF Milk	L Turkey Pozole w/ Cornmeal Roll, Tossed Salad Fruit Mix *LF Milk	L *W W Grilled Cheese Zucchini and Carrots Fresh Oranges *LF Milk	
S Applesauce Graham Cracker 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 and *LF Milk	B *W W Toast, Fresh Apples and *LF Milk	B Iron Fortified Oatmeal Raisins *LF Milk	B *W W Pancake, Applesauce *LF Milk	B Iron Fortified Cereal Oranges *LF Milk	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. Visit our Web site at: El Dorado County Office of Education
L *Teriyaki Chicken w/Brown Rice, Broccoli Pineapple *LF Milk	L *W W Bean and Cheese Burrito Tossed Salad Fruit Mix *LF Milk	L *WW Spaghetti w/meat sauce Tossed Salad Peaches *LF Milk	L *W W Cheese Pizza Tossed Salad Apricots *LF Milk	L *WW Ham and Cheese Sandwich, Broccoli and Cauliflower, Fresh Apples *LF Milk	
S Tossed Salad and Garbanzo Beans with Water	S *WW Cheese Sandwich and Oranges with Water	S Fresh Apples and Yogurt with Water	S *WW Bagels w/cream cheese Fresh Oranges with Water	S WW Bread Stick, Zuchinini & Pizza Sauce with Water	
22	23	24	25	26	
B Iron Fortified Cereal Banana and *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 and *LF Milk	SNOW DAY ALLOWANCE NO SCHOOL	
L *WW Macaroni and Cheese Sweet Peas Apricots *LF Milk	L Hamburger on a *W W Bun Tossed Salad Pineapple *LF Milk	L Chicken Casserole and Brown Rice , Cooked Broccoli Peaches *LF Milk	L Turkey Vegetable Soup *WW Roll Pears *LF Milk		
S Applesauce Graham Cracker with Water	S Gold Fish Crackers, Broccoli and Cauliflower with Water	S Pretzels and Oranges with Water	S Fruit Bread and Carrots with Water		
29	30	31			
MEMORIAL DAY NO SCHOOL	B *W W English Muffin Fresh Apples*LF Milk	B Iron Fortified Oatmeal Peaches *LF Milk			
	L *WW Tacos or Taco Salad with meat and cheese Pineapple *LF Milk	L *WW Spaghetti w/meat sauce Tossed Salad Pears *LF Milk			
	S *WW Cheese Sandwich and Oranges with Water	S Fresh Apples and Yogurt with Water			



rethink
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.