



Monday		Tuesday		Wednesday		Thursday		Friday			
		<b>Milk Choices</b> 2% Low Fat Skim  <b>Food Contains no pork products</b>  <b>Fresh Fruit is always available for those who purchase breakfast</b>									
		<b>1</b>  French Toast Sticks 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>2</b>  Homemade Sun Butter Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz	<b>3</b>  Scrambled Eggs with Cheese 100% Fruit Juice Milk	2oz 1/2c 8oz	<b>4</b>  Waffle 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>5</b>  Homemade Chocolate Chip Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz
		<b>8</b>  French Toast Sticks 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>9</b>  Homemade Chocolate Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz	<b>10</b>  Scrambled Eggs with Turkey Ham & Cheese 100% Fruit Juice Milk	2oz 2oz 1/2c 8oz	<b>11</b>  Pancakes 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>12</b>  Homemade Blueberry Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz
		<b>15</b>  French Toast Sticks 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>16</b>  Homemade Chocolate Chip Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz	<b>17</b>  Scrambled Eggs with Cheese 100% Fruit Juice Milk	2oz 2oz 1/2c 8oz	<b>18</b>  Waffle 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>19</b>  Homemade Sun Butter Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz
		<b>22</b>  French Toast Sticks 100% Fruit Juice Milk	2ea 1/2c 8oz	<b>23</b>  Homemade Blueberry Muffin Yogurt 100% Fruit Juice Milk	2oz 1/2c 1/2c 8oz	<b>24</b>  Scrambled Eggs with Turkey Ham & Cheese 100% Fruit Juice Milk	2oz 2oz 1/2c 8oz	<b>25</b>  		<b>26</b>  	



## Special News

Zipping down a hill at what feels like a million miles an hour can be a great time — as long as you're sledding safely. When you grab your sled, make sure it's sturdy and that it's one you can really steer. The handholds should be easy to grab, and the seat of the sled should be padded. Also, never use a sled that has any sharp, jagged edges or broken parts (this might happen if you're using an old sled). For more information about safety and winter activities check out [www.kidshealth.org](http://www.kidshealth.org)