



One percent milk is served with breakfast and lunch. Breakfast and snack are the same at AM/PM centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Kix Cereal WG Banana Lunch Beef Noodle Hotdish D31 Green Beans Apples Snack Yogurt / Milk	Breakfast Scrambled Eggs/ Potato / Pears Lunch Chicken & Rice WG D47 Peas and Carrots Peaches Snack Crackers Milk	Breakfast WG Toast Peaches Lunch Cheesesteak Casserole D70 / Carrots & Ranch Mandarin Oranges Snack Banana Bread Milk	Breakfast WG Life Original Oranges Lunch Chicken Salad on Bun E7 / Ranch Roasted Broccoli or Potatoes E16 / Pineapple Snack Graham Crackers / Milk	
9 Holiday No School	Breakfast Cheerios WG Peaches Lunch Fish Sticks Mash Potatoes Fruit Snack Cheese & Crackers Milk	Breakfast WG Cinnamon Toast Applesauce Lunch Turkey or Ham Sandwich / Tater Tots Apples Snack Yogurt	Breakfast Bagels w/ Cream Cheese / Pears Lunch Chili D25 Crackers Oranges Snack Wheat Thins WG Milk	
Breakfast Sausage-Egg-Cheese English Muffin / Fruit Lunch Chicken Strips Broccoli & Dip / Peaches Snack WG Quaker Oatmeal Squares / Milk	Breakfast Honey Bunch of Oats / Mixed Fruit Lunch Grilled Cheese F13 WG Tomato Soup Apple Snack Crackers Milk	Breakfast WG Waffles Applesauce Lunch Tuna & Noodles D29a Peas Mandarin Oranges Snack Toast Milk	Breakfast WG Life Original Fruit Lunch Meatballs D28 or D66 Bread Mashed Potatoes Green Beans Snack Yogurt	
Breakfast Oven Baked Pancakes A6 Berries Lunch Hamburger on Bun Tossed Salad Apples Snack WG Cracker / Banana / Milk	Breakfast English Muffin w/ Peanut Butter or Jam / Fruit Lunch Macaroni & Cheese D20 Vegetable Mandarin Oranges Snack WG Chex Cereal / Milk	Breakfast WG Toast Peas Lunch Fish Sticks Broccoli and Dip Pineapple Snack Graham Crackers Milk	Breakfast WG Toasted Oats / Peaches Lunch Sandwich Potato Fruit Snack Yogurt Milk	
Breakfast WG Kix Banana Lunch Spaghetti D3 Broccoli Roasted with Parmesan E17 Fruit Snack Toast / Milk	Breakfast Hashbrown Casserole E18 Lunch Meatball Soup with Cheese Tortellini H17 Apples Snack WG Cereal Milk			



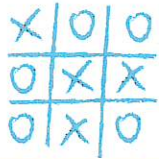
5 BENEFITS

OF MORE OUTDOOR PLAY

“Green time” or outdoor play was once a staple for good health. It was a time for fun, physical activity, and nature exploration. However, outdoor play has declined in popularity due to an increase in screen time. In fact, the average 5-year-old spends well over the one-hour recommendation of screen time each day. There are many benefits in limiting screen time and encouraging more outdoor play. Here are five reasons to consider incorporating more outdoor play for children.



Outdoor play encourages social skills and positive relationship development when playing with others.



Outdoor play promotes a healthy weight, stonger bones, and overall good health.



Outdoor play positively affects mood, behavior, and attention span.



Outdoor play stimulates creativity, active imaginations, and academic performance.



Outdoor play supports a stronger immune system.

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