




One percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast WG Life Cereal Oranges Lunch Pizza Lettuce Apples Snack Fruit Milk	Breakfast WG Waffles Applesauce Lunch Chicken Enchilada DC Vegetable Fruit Snack Graham Cracker Milk	Breakfast Muffin Pears Lunch Meatballs / Bread Mash Potatoes Oranges Snack Cheese & WG Crackers Milk	
Breakfast Toast Banana Lunch Hamburger/Bun Mixed Greens / Fruit Snack Cheese & WG Crackers Milk	Breakfast WG Frosted Mini Wheats/Green Apples Lunch Tater Tot Hotdish D31A Bread/ Fruit Snack Graham Crackers Milk	Breakfast WG French Toast Peaches Lunch Taco Soup H15 Crackers Fruit Snack Cereal Milk	See Note Breakfast WG Cinnamon Toast / Fruit Lunch Fish Sticks/Bread Vegetable Mandarin Oranges Snack Crackers / Milk	Note: No School April 10 at Aberdeen and Huron. Staff Training.
Breakfast WG Toasted Oats / Banana Lunch Taco Salad D24 Tortilla Chips Fruit Snack Cheese & Crackers Milk	Breakfast WG Bagel w/ Cream Cheese Oranges Lunch Chicken Strips Mash Potato / Bread Fruit Snack Popcorn / Milk	Breakfast WG Waffles Apples Lunch Chicken & Rice D47 Vegetable Peaches Snack Quick Bread Milk	Breakfast Muffin Fruit Lunch BBQ & Bun F12 Baked Beans Pineapple Snack WG Crackers Milk	
HOLIDAY NO SCHOOL	Breakfast English Muffin Peaches Lunch Chicken (Cook Choice) WG Poultry Rice A66 or Not Fried Rice A6 Veggie/ Apples Snack Cereal / Milk	Breakfast WG Waffles Fruit Lunch Spaghetti D3 Vegetable Mandarin Oranges Snack Crackers Milk	Breakfast WG Cinnamon Toast Oranges Lunch Veg-Cheese Soup H13 Crackers Fruit Snack Yogurt / Milk	
Breakfast WG Cereal Peaches Lunch Beef Taco Hotdish D50 / Lettuce Pineapple Snack Banana / Milk	Breakfast Blueberry Muffin Apples Lunch Chicken(Cook Choice) WG Bread Vegetable Fruit Snack Crackers / Milk	Breakfast Bagel w/ Cream Cheese Fruit Lunch WG Grilled Cheese Tomato Soup Fruit / Crackers Snack Traffic Light G6 / Milk		

Dairy Every Day is a Healthy Way

Dairy foods help healthy brains, bones and bodies grow.

Plant-based milks – aside from fortified soy milk - don't match the nutrition in dairy milk.

All aboard for healthy eating!



Brain Health
Dairy provides 7 of 14 key nutrients for early brain development

Strong Bones
Dairy provides more bone-building nutrients than any other food group

Immune Health
Dairy provides important nutrients for immune health

Growth
Dairy provides key nutrients that fuel growth and development

6-12 months
Introduce yogurt and cheese



1-2 years
Aim for 1 2/3-2 cups a day



2-3 years
Aim for 2-2 1/2 cups a day



4-8 years
Aim for 2 1/2 cups a day



9+ years
Aim for 3 cups a day



What counts as a cup* of dairy?
*Can be divided into several servings throughout the day.



Milk
• 1 cup/8 ounces



Yogurt
• 1 cup/8 ounces (no added sugar)



Cheese
• 1 1/2 ounces of hard cheese
• 1/3 cup shredded cheese
• 1 ounce American cheese