


BREAKFAST FEBRUARY 2012

Blaine School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT For kids breakfast contributes:</p> <ul style="list-style-type: none"> • Less than 20% of daily calories • More than 30% of calcium, iron, B vitamins¹ • Approximately 45% of vitamin D² </div>		Breakfast pizza 1	Cereal & string cheese 2	Cinnamon roll 3
Inservice Day 6	French toast & sausage 7	Breakfast Pizza 8	Cereal & string cheese 9	Cinnamon roll 10
Yogurt & pop-tart 13	French toast & sausage 14	Breakfast pizza 15	Cereal & string cheese 16	Mid Winter Break 17
President's Day 20	French toast & sausage 21	Breakfast pizza 22	Cereal & string cheese 23	Cinnamon roll 24
Yogurt & pop-tart 27	French toast & sausage	Breakfast pizza 29		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.³
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.⁴
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

Prices: Milk; \$.50 Breakfast; \$1.50 Reduced: Free
 Non-student: \$2.25
 Lunch: \$2.75 Non-student: \$3.50
 Reduced lunch: K-3rd: Free 4th-5th: \$.40