

# Mary Queen of the Holy Rosary



## MEAL PRICING:

Breakfast Full Price	\$1.75
Reduced Breakfast Price	\$.30
Milk Only	\$.50

## PK-K BREAKFAST Menu

January-May 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	WG Muffin Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	WG Pillsbury Mini Pancakes  Variety of Fresh or Frozen Fruit	Cheerios Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	UBR Breakfast Round  Variety of Fresh or Frozen Fruit	WG Toast Hard Boil Egg  Variety of Fresh or Frozen Fruit
<b>2</b>	WG Goldfish String cheese  Variety of Fresh or Frozen Fruit	WG Pillsbury Bagel  Variety of Fresh or Frozen Fruit	Rice Chex Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	WG Pillsbury Waffles  Variety of Fresh or Frozen Fruit	Wowbutter w/Apple Slices Graham Crackers  Fruit Juice
<b>3</b>	WG Pillsbury French Toast  Variety of Fresh or Frozen Fruit	WG Toast Fruit Smoothie  Fruit Juice	Cinnamon Toast Crunch Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	Cheese Cubes WG Crackers  Variety of Fresh or Frozen Fruit	Annie Grahams String cheese  Variety of Fresh or Frozen Fruit
<b>4</b>	WG Pillsbury Grape Crescent  Variety of Fresh or Frozen Fruit	Corn Flakes Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	WG Muffin Cheese Stick  Variety of Fresh or Frozen Fruit	WG Toast Wowbutter  Fresh Apple Slices	Ubr Breakfast Round  Variety of Fresh or Frozen Fruit

## OTHER DAILY SELECTIONS:

### ENTREES

Assorted Cereals

Yogurt

### DRINKS

100% Juice \$.50

1% White and Chocolate Milk

\$.50 cents

## NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19<sup>1</sup>
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal<sup>2</sup>

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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S	M	T	W	T	F	S	
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29	30	31					

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans  
2. USDA. MyPlate.gov. <http://www.myplate.gov>.