

Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Maple Waffle Cinnamon Bagler Apple Juice Milk	Chicken Biscuit Cinnamon Bagler Apple Juice Milk	Sausage Biscuit Cinnamon Bagler Apple Juice Milk	Breakfast Hot Pocket Cinnamon Bagler Apple Juice Milk	Chicken Biscuit Cinnamon Bagler Apple Juice Milk

Vegetarian breakfast available upon request

NEAT Fact Sheet

Dairy

"Get Your Calcium with Milk"

- **Foods in the Dairy Group**-any food made from milk or milk substitute.
- **Product examples**- Milk, chocolate milk, cheeses, yogurt, ice cream, pudding, soy milk
- **Major nutrients in dairy, and their health benefits:**
 - **Calcium**-Helps build strong bones and teeth
 - **Vitamin D**- Helps with calcium absorption
 - **Protein**- Builds and repairs muscle tissue
 - **Potassium**- Regulates fluid balance; maintains blood pressure and muscle activity
- **The 2005 Dietary Guidelines, FGP, and American Academy of Pediatrics encourage 3 daily servings of dairy foods in order to:**
 - Maintain healthy bones
 - Better nutrient intake- Milk consumption is associated with better overall diet quality
 - Provides key nutrients (calcium, potassium, and magnesium) which kids do not get enough of
- **Choosing low-fat or fat free milk products provide the above nutrients and benefits without the fat of whole milk products!**

