

BREAKFAST

December 2011



We are striving to serve more products that are lower in fat and have higher grain/fiber contents.

Choice of Milk Daily - 1% Fat, Non-Fat White Milk

*These items contain pork. **These items may contain pork.

Grades K - 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast Prices (includes milk)</u></p> <p>Paid \$1.00 Reduced .30 Adult 1.50 Milk .30</p>			Fresh Fruit or Chilled Fruit Cup Chick'n Bundle Sandwich or Choice of Cereal & Whole Grain Bear Graham 1	100% Juice Turkey Sausage Pizza or Choice of Cereal & Whole Grain Graham Cracker 2
100% Juice Choice of Cereal & Trix Yogurt 5	Fresh Fruit or Chilled Fruit Cup Bean & Cheese Burrito or Choice of Cereal & Keebler Elf Graham 6	100% Juice Pancake Sausage* Stick or Choice of Cereal & Cheddar Cheese 7	Fresh Fruit or Chilled Fruit Cup Cheese Hot Pocket or Choice of Cereal & Honey Sunflower Seeds 8	100% Juice Personal Pan Size Sausage Pizza* or Choice of Cereal & Whole Grain Graham Cracker 9
100% Juice Choice of Cereal & Warm Cinnamon Bun 12	Fresh Fruit or Chilled Fruit Cup Texas Cinnamon Toast or Choice of Cereal & Keebler Elf Graham 13	100% Juice Pancake Stack or Choice of Cereal & String Cheese 14	Fresh Fruit or Chilled Fruit Cup Beef Sausage Breakfast Sandwich or Choice of Cereal & Whole Grain Bear Graham 15	100% Juice Turkey Sausage Pizza or Choice of Cereal & Whole Grain Graham Cracker 16
<p>Winter Recess December 19, 2011 through January 2, 2012</p>				
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<p>BREAKFAST SERVING SCHEDULE</p>				
Arbolita El Cerrito Ladera Palma Las Lomas	<p>1st Breakfast 8:00 - 8:30 a.m. 7:30 - 8:00 a.m. 7:45 - 8:10 a.m. 7:45 - 8:20 a.m.</p>	<p>2nd Breakfast 9:00 - 9:30 a.m. 8:45 - 9:00 a.m. 8:55 - 9:10 a.m. 9:00 - 9:20 a.m.</p>	Las Positas Sierra Vista Walnut Imperial Washington	<p>Breakfast 7:40 - 8:05 a.m. 7:45 - 8:15 a.m. 7:25 - 7:55 a.m. 8:20 - 8:50 a.m. 8:20 - 8:50 a.m.</p>

The new 2010 Dietary Guidelines focus on the following tips to help translate the Guidelines into every day lives:

- Balancing Calories**
- Enjoy your food, but eat less.
 - Avoid oversized portions.

- Foods to Increase**
- Make half your plate fruits and vegetables.
 - Make at least half your grains whole grains.
 - Switch to fat-free or low-fat 1% milk.

- Foods to Reduce**
- Compare sodium in foods like soup, bread and frozen meals - and choose the foods with lower numbers.
 - Drink water instead of surgery drinks.

Physical activity is also part of the healthy living equation. Regular physical activity is important for your overall health and fitness, and helps you control your body weight. Here are a few physical activity recommendations that pave the way to a healthier you:

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day.

A healthy, balanced diet that includes plenty of fruits and vegetables and regular physical activity are major investments in your life.

The 2010 Dietary Guidelines is available at www.dietaryguidelines.gov