



**HOLTON**  
**Breakfast in the Classroom**

Free for All Students



www.eatlearnlive.com/chartbusters

Breakfast is served everyday right in your classroom! Breakfast includes lots of good whole grains, fresh fruit and milk every day!! Breakfast is a great way to start your day off right!

Monday	Tuesday	Wednesday	Thursday	Friday
6 NO SCHOOL	7 Blueberry Breakfast Loaf Served With Strawberry Yogurt 100 % Orange Juice Served with 1% Low Fat Milk	8 Oatmeal Chocolate Chip Breakfast Round Served With Fresh Petite Banana Served with 1% Low Fat Milk	9 Whole Grain Banana Muffin Served With Low-Fat String Cheese 100 % Grape Juice Served with 1% Low Fat Milk	10 Reduced Sugar Cinnamon Toast Crunch Served With Whole Grain Graham Crackers Orange Slices Served with 1% Low Fat Milk
13 Oatmeal Raisin Breakfast Bar Served With String Cheese 100% Apple Juice Served with 1% Low Fat Milk	14 Whole Grain Blueberry Muffin Served With Graham Crackers Mixed Fruit Served with 1% Low Fat Milk	15 Mini Pancakes to Go made with Whole Wheat Fresh Pear Served with 1% Low Fat Milk	16 Yogurt Simply Chex Strawberry Mix Apple Slices Served with 1% Low Fat Milk	17 Frosted Mini Wheats Served With Whole Grain Graham Crackers Orange Slices Served with 1% Low Fat Milk
20 Whole Grain Waffle Apple Slices Served with 1% Low Fat Milk	21 Blueberry Breakfast Loaf Served With Strawberry Yogurt 100 % Orange Juice Served with 1% Low Fat Milk	22 Oatmeal Chocolate Chip Breakfast Round Served With Fresh Petite Banana Served with 1% Low Fat Milk	23 Whole Grain Banana Muffin Served With Low-Fat String Cheese 100 % Grape Juice Served with 1% Low Fat Milk	24 Reduced Sugar Cinnamon Toast Crunch Served With Graham Crackers Orange Slices Served with 1% Low Fat Milk
27 Oatmeal Raisin Breakfast Bar Served With String Cheese 100% Apple Juice Served with 1% Low Fat Milk	28 Whole Grain Blueberry Muffin Served With Graham Crackers Mixed Fruit Served with 1% Low Fat Milk	29 Mini Pancakes to Go made with Whole Wheat Fresh Pear Served with 1% Low Fat Milk	30 Yogurt Simply Chex Strawberry Mix Apple Slices Served with 1% Low Fat Milk	



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family.

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