

Menu for  
**B I C 2011**  
**Little Rock**  
**School District**  
**Child Nutrition**

(Subject to change due to availability  
of food supply)

**Did You Know?**

**BREAKFAST IS THE  
MOST IMPORTANT  
MEAL OF THE  
DAY!**



**BREAKFAST**  
in the classroom

**MONDAY**

WHOLE GRAIN  
CEREAL  
GRAHAM CRACKER  
100% FRUIT JUICE  
MILK

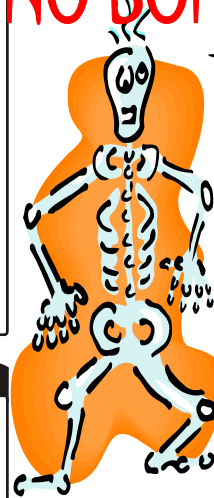
**TUESDAY**

BUG BITES  
YOGURT  
100% FRUIT JUICE  
MILK

**WEDNESDAY**

SAUSAGE & BISCUIT  
FRESH FRUIT  
MILK

**NO BONES ABOUT IT.**



Touch the tip of your nose - that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**THURSDAY**

HONEY WHEAT  
DONUT  
STRING CHEESE  
100% FRUIT JUICE  
MILK

**FRIDAY**

WHOLE GRAIN  
CEREAL  
GRAHAM CRACKER  
FRESH FRUIT  
MILK

**MONDAY**

BLUEBERRY WAFFLE  
YOGURT  
100% FRUIT JUICE  
MILK

**TUESDAY**

SAUSAGE ROLL  
FRESH FRUIT  
MILK

**WEDNESDAY**

WHOLE GRAIN  
CEREAL  
GRAHAM CRACKER  
100% FRUIT JUICE  
MILK

**CHILD NUTRITION DEPARTMENT**  
447-2450  
or email  
lilly.bouie@lrsd.org

**THURSDAY**

BREAKFAST BURRITO  
FRESH FRUIT  
MILK

**FRIDAY**

BANANA MUFFIN  
LOAF  
STRING CHEESE  
100% FRUIT JUICE  
MILK