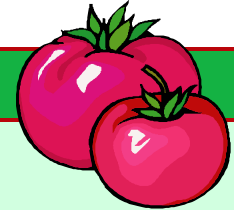




August 2011

Eat n Run Café – St. Luke School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Hot Dog Baked Beans Pudding Milk Choice	23 Baked Chicken Strips Mashed Potatoes/Gravy Breadstick Milk Choice	24 Cheese Pizza Garden Salad Applesauce Milk Choice	25 Bosco Pizza Sticks Corn Fresh fruit Milk choice	26 NO SCHOOL
29 Pasta Garden Salad Breadstick Milk Choice	30 French Toast Hash Brown Strawberries & Bananas Milk Choice	31 Pepp Pizza Garden Salad Apple Milk Choice		Menu Subject To Change Without Notice

What is calcium?

Calcium is the most abundant mineral in the body. It can be found in your bones as well as in many of the foods you eat, especially dairy products.

What does calcium do?

Calcium keeps your bones and teeth strong so that they don't break. Calcium also helps your blood clot when you get a cut, your nerves function properly, and your muscles contract.

AGE CALCIUM NEEDED

1-3 500 mg.
4-8 800 mg.
9-17 1300 mg.

8 ounce milk 300 mg.

