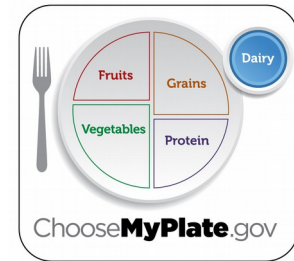


ABC DAY CARE MENU

WEEK 1

<u>Day</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		

The Benefits of Dairy



The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

Calcium is used for building bones and teeth and in maintaining bone mass.

Diets rich in potassium may help to maintain healthy blood pressure.

Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones.

Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

To learn more about dairy and other food groups, visit