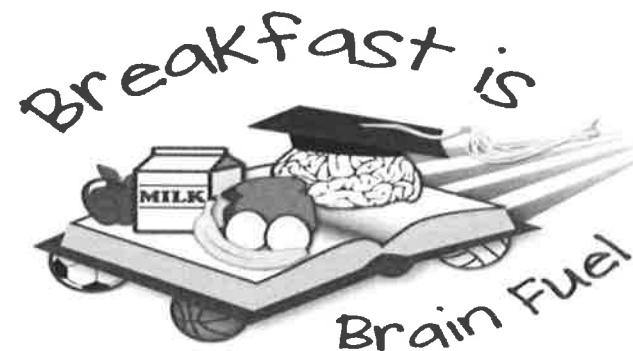


# **BREAKFAST MENU** **FALL 2018**



## **WHY SCHOOL BREAKFAST?**

School breakfast offers several connections to learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time and students who eat a healthy breakfast are better able to focus on classroom lessons.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>ASSORTED CEREAL</b> CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK	<b>BREAKFAST BAR</b> FRUIT and/or 100% FRUIT or VEG JUICE MILK	<b>BAGEL AND CREAM CHEESE</b> FRUIT and/or 100% FRUIT or VEG JUICE MILK	<b>CINNAMON ROLLS</b> OR <b>MINI CINNIS</b> FRUIT and/or 100% FRUIT or VEG JUICE MILK	<b>POPTARTS OR CEREAL BAR</b> AND CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK
<i>Breakfast consists of whole grains and /or protein servings, fruit and milk (no high-fructose corn syrup or growth hormone rBST).</i>				
Menu subject to change without notice.				

## **WHAT'S FOR SCHOOL BREAKFAST?**

Meals served under the School Breakfast Program (SBP) must, by federal law, meet nutrition regulations based on the Dietary Guidelines for Americans and provide one fourth or more of the daily recommended levels for key nutrients that children need for growth and development. School breakfasts are an excellent source of protein, vitamins A and C, calcium, and iron. Foods are baked, not fried, made with low fat or lean ingredients, and include whole grains, fruit or 100% juice, and low fat or fat free milk that make each meal balanced and nutritious. Items offered as part of the School Breakfast Program are low in fat, sugar and salt (sodium) and are offered in portion sizes that are appropriate for children.

## **BREAKFAST IS BRAIN FUEL**

### **Breakfast is the most important meal of the day because it...**

- ~ Strengthens the brain
- ~ Helps establish healthy eating habits
- ~ Offers an opportunity to try new foods
- ~ Improves mood and behavior
- ~ Gives you energy
- ~ Keeps you healthy

### **Studies show that students who eat breakfast ...**

- ~ have improved attendance and less tardiness
- ~ are able to pay attention longer
- ~ demonstrate better behavior in the classroom
- ~ perform better on tests
- ~ make fewer trips to the school nurse
- ~ have a better overall diet
- ~ are more likely to be at a healthy weight

**WHEN A STUDENT EATS A NUTRITIOUS BREAKFAST, THEY ARE READY TO LEARN**

Don't let your kids miss out on the benefits of a healthy breakfast. If there's no time for breakfast at home, **join us for BREAKFAST at SCHOOL!**

All students can participate; full pay, reduced and free.

"This institution is an equal opportunity provider."