

NOVEMBER ELEMENTARY BREAKFAST MENU

Research shows that students who eat breakfast daily have better attendance, achieve higher test scores, and have fewer behavioral problems in the classroom. *Students who qualify for free or reduced lunch automatically qualify for free or reduced breakfast.* What a great way to start off your child's day!!!

MONDAY(s)	TUESDAY(s)	WEDNESDAY(s)	THURSDAY(s)	FRIDAY(s)
Breakfast Pizza Bagel OR Cereal w/bread choice OR Assorted Pop Tarts PLUS 100% Juice Milk	Warm French Toast Sticks OR Cereal w/bread choice OR Assorted Pop Tarts PLUS 100% Juice Milk	<u>Balanced Choice Breakfast</u> Cheerios Low Fat Yogurt Fresh Apple 100% Juice Low Fat Milk Choice OR Cinnamon Tastries OR Assorted Pop Tarts PLUS 100% Juice Milk	Warm Breakfast Bagel w/cream cheese OR Cereal w/bread choice OR Assorted Pop Tarts PLUS 100% Juice Milk	Hot Pancake on a Stick OR Cereal w/bread choice OR Assorted Pop Tarts PLUS 100% Juice Milk

Your USDA Breakfast will include: 2 Bread and Grain items OR 1 Bread item & 1 Protein item PLUS 4 ounces 100% Fruit Juice OR Fresh Fruit plus 8 ounces of milk. Bread choice could include...animal crackers, bagel, graham crackers.

November

Why is breakfast so important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

Source: www.mayoclinic.com

School Breakfast Information

Price: 1.25 paid, \$.30 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

MEAL PRICES

Breakfast is \$1.25, Reduced Breakfast is \$0.30, Just a Milk is \$0.40

Elementary Lunch \$2.00, Reduced Lunch \$0.40, Just a Milk \$0.40

\$25.00 Service Fee for all returned checks.

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington, D.C. 20250 Food Service is provided by Chartwells. Menu is subject to change without notice.