

Breakfast

November 2014

TAKE TIME FOR BREAKFAST

CHECK OUT SOME OF THE BENEFITS OF CHOOSING SCHOOL BREAKFAST:

- Higher Academic Scores- students who eat breakfast have better attention and memory, and studies show that eating breakfast at school results in higher test scores.
- Improve Behavior- Hungry children are more likely to have discipline problems.
- Teens who eat regularly are less likely to be suspended from school.
- Convenience and Value for Parents- School Breakfast is ideal for busy families trying to get out the door quickly in the mornings. Costing below \$2.00 per meal is a great value.

* monday

BREAKFAST FACT- 30% OF MILK CONSUMED BY 6-12 YEAR-OLDS IS CONSUMED WITH CEREAL.
STUDENTS NEED A BALANCED BREAKFAST TO FUEL THEIR DAY & ELL-SALINE NUTRITION PROFESSIONALS ARE MAKING SURE THEY HAVE ONE AVAILABLE EVERY MORNING.

* tuesday

* wednesday

* thursday

* friday

CHECK OUR WAYS TO EAT SMART AND PLAY HARD @ www.eatsmartplayhard.org

JUICE CHOICES- APPLE OR ORANGE
MILK CHOICE- WHITE SKIM, WHITE LOW FAT, CHOCOLATE SKIM

BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK

3

WG CEREAL
CINNAMON ROLL
FRUIT
JUICE CHOICE
MILK

4

MINI MAPLE PANCAKES
FRUIT
JUICE CHOICE
MILK

5

WG CEREAL
YOGURT CUP
FRUIT
JUICE CHOICE
MILK

6

WG CEREAL
WG POPTART
FRUIT
JUICE CHOICE
MILK

7

BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK

10

WG CEREAL
WG MUFFIN
FRUIT
JUICE CHOICE
MILK

11

FRENCH TOAST STICKS
W/ SYRUP
FRUIT
JUICE CHOICE
MILK

12

WG CEREAL
CHEESE STICK
FRUIT
JUICE CHOICE
MILK

13

WG CEREAL
WG POPTART
FRUIT
JUICE CHOICE
MILK

14

BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK

17

WG CEREAL
WG CINNAMON ROLL
FRUIT
JUICE CHOICE
MILK

18

WG BISCUIT W/SAUSAGE
FRUIT
JUICE CHOICE
MILK

19

WG CEREAL
YOGURT CUP
FRUIT
JUICE CHOICE
MILK

20

WG CEREAL
WG BREAKFAST PASTRY
FRUIT
JUICE CHOICE
MILK

21

WG CEREAL
SAUSAGE PATTY
FRUIT
JUICE CHOICE
MILK

24

WG CEREAL
WG POPTART
FRUIT
JUICE CHOICE
MILK

25

NO SCHOOL

26

HAPPY THANKSGIVING
NO SCHOOL

27

NO SCHOOL

28

ELL-SALINE IS AN EQUAL OPPORTUNITY EMPLOYER