

BREAKFAST

February 2015

CHECK OUT BREAKFAST !

Breakfast Fact

Compared to children who skip breakfast, a study showed that children who ate breakfast:

- Performed better at school
- Recorded higher test scores
- Reduced absenteeism and tardiness

Reference: Murphy JM et al. The Relationship of School Breakfast to Psychosocial & Academic Functioning: Cross-sectional & Longitudinal Observations in an inner-city School Sample. *Arch Pediatr Adolesc Med.* 1998

* monday

* tuesday

* wednesday

* thursday

* friday

School Information:

BREAKFAST FRUIT CHOICES MAY CONSIST OF A FRESH FRUIT - APPLES, BANANA, ORANGES, OR IT MAY BE A CANNED FRUIT - DICED PEACHES, PEARS, PINEAPPLE, APPLE SAUCE.

MILK CHOICES- SKIM WHITE, SKIM CHOCOLATE OR 1% WHITE

BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK CHOICE

2

WG CINNAMON ROLL
AND CEREAL
FRUIT
JUICE CHOICE
MILK CHOICE

3

CEREAL & YOGURT
FRUIT
JUICE CHOICE
MILK CHOICE

4

WHOLE GRAIN MUFFIN
& CEREAL
FRUIT
JUICE CHOICE
MILK CHOICE

5

FOLD & GO TACO
SALSA
FRUIT
JUICE CHOICE
MILK

6

CEREAL &
SAUSAGE PATTY
FRUIT
JUICE CHOICE
MILK CHOICE

9

BISCUIT & GRAVY
FRUIT
JUICE CHOICE
MILK CHOICE

10

WG FRUDEL
FRUIT
JUICE CHOICE
MILK CHOICE

11

NO SCHOOL TODAY
Parent/Teacher Conferences

12

NO SCHOOL TODAY

13

Presidents Day
BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK CHOICE

16

WG BLUEBERRY MUFFIN
& CEREAL
FRUIT
JUICE CHOICE
MILK CHOICE

17

WG BAGEL
CREAM CHEESE OR JELLY
FRUIT
JUICE CHOICE
MILK CHOICE

18

FRENCH TOAST STICKS
W/ SYRUP
FRUIT
JUICE CHOICE
MILK CHOICE

19

OATMEAL ROUND &
YOGURT CUP
FRUIT
JUICE CHOICE
MILK CHOICE

20

BREAKFAST PIZZA
FRUIT
JUICE CHOICE
MILK CHOICE

23

WG CINNAMON ROLL
FRUIT
JUICE CHOICE
MILK CHOICE

24

MINI WAFFLES
W/ SYRUP
FRUIT
JUICE CHOICE
MILK CHOICE

25

WHOLE GRAIN MUFFIN
& CEREAL
FRUIT
JUICE CHOICE
MILK CHOICE

26

CEREAL & POPTART
FRUIT
JUICE CHOICE
MILK CHOICE

27