

BREAKFAST

August 2014

Middle/High and Elementary

Nutrition Tip: Eat Breakfast!

Several studies suggest that eating breakfast may help children do better in school by improving:

- Memory
- Alertness
- Concentration
- Mood
- Test scores
- School attendance
- Problem-solving ability

Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

* monday

* tuesday

* wednesday

* thursday

* friday

Breakfast Information:

WELCOME TO BREAKFAST AT ELL-SALINE Elementary Breakfast \$1.65 MS/HS Breakfast \$1.75 Reduced .30

Breakfast is served at the Elementary school from 7:40-8:15 and at the Middle/High School from 8:50-8:15

Abbreviations on the Breakfast Menu = WG (Whole Grain), HM (Home Made from Scratch)

Breakfast choices consist of Grains, Fruit/ Fruit Juice, Milk and Meat/Meat Alternate. 3 items are required on the students breakfast tray. Fruit is a seconds option.

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"USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYEER"

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GET READY-----

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GET SET-----

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GO! First Day of School

21

WG CEREAL
STRING CHEESE
FRESH FRUIT, MILK CHOICE
FRUIT JUICE CHOICE

WG BREAKFAST PASTRY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

22

WG CEREAL
SAUSAGE PATTY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

25

HM-CINNAMON ROLL
SLICED PEACHES
FRUIT JUICE CHOICE
MILK CHOICE

26

BISCUIT & GRAVY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

27

FRENCH TOAST STICKS
WITH SYRUP
BANANA
FRUIT JUICE CHOICE
MILK CHOICE

28

WG POPTART
YOGURT CUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

29