



Elementary School Breakfast Menu

Breakfast is served in the school cafeteria daily.

Student Breakfast cost \$1.65 or \$0.30 reduced. Adult \$2.00.

HOT BREAKFAST MENU

Meal includes a whole grain hot entrée, assorted fresh fruit and/or 100% fruit juice, and low-fat milk. Students must take a fruit and/or fruit juice to qualify for the meal price.

(Students may deny Milk)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
CHERRY FRUDEL	ENGLISH MUFFIN SANDWICH	LUCKY RAINBOW PARFAIT	MINI BLUEBERRY WAFFLES	MINI DONUTS

COLD BREAKFAST MENU

- Breakfast Cereal Kit (Includes Whole Grain Cereal, Whole Grain Snack, and 100% Fruit Juice)
- Fresh Fruit and/or 100% Fruit Juice
- Low-fat Milk

Must have at least 3 items on tray (Breakfast kit= 3 items), with one item being a fruit and/or juice to qualify for the meal pricing.

Breakfast is served in all buildings on 2-hour delays - menus may be altered to accommodate.

BENEFITS OF BREAKFAST

- Children who eat breakfast are more likely to behave better in school.
- Breakfast improves attention, problem-solving tasks, and memory.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Studies have shown that children who eat breakfast regularly are less likely to be overweight.