

# BREAKFAST

YOUR SCHOOL NAME HERE

K-12<sup>th</sup>

**SERVED DAILY**  
Fruit or 100 % Fruit Juice  
1% WHITE OR FAT FREE FLAVORED MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				
<p><u>Mini Pancakes</u> <u>Power Pack</u> Yogurt/Craisins/Graham Crackers</p> <p><u>Cereal W/Buttered Toast</u> 100 Fruit Juice/Fresh Fruit Jelly/Syrup</p>	<p><u>Breakfast Pizza</u> <u>Powdered Donuts</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mandarin Oranges Jelly</p>	<p><u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns/ Refried Beans</p> <p><u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa</p>	<p><u>Biscuit W/Sausage Gravy</u> <u>Chocolate Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Blushing Pears Jelly</p>	<p><u>Mini Pancake On A Stick</u> <u>Smoothie W Graham Crackers</u> <u>Cereal W/Cheese Toast</u> Fruit Juice Fresh Fruit Jelly/Salsa</p>
<b>WEEK 2</b>				
<p><u>Sausage Biscuit</u> <u>Power Pack</u> String Cheese/ Craisins/ Cheese-Itz</p> <p><u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Syrup</p>	<p><u>French Toast Sticks</u> <u>Cocoa Puff Parfait</u> <u>Cereal W/Cheese Toast</u> Fresh Fruit Chilled Peaches Jelly</p>	<p><u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns/Refried Beans</p> <p><u>Oatmeal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa</p>	<p><u>Breakfast On Bun</u> <u>Yogurt Cup W/Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mixed Fruit Jelly/Salsa</p>	<p><u>Pancake On Stick</u> <u>Cinnamon Roll</u> <u>Cereal W/Buttered Toast</u> Fruit Juice Fresh Fruit Jelly/ Syrup</p>

## WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

### Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't

### Improved behavior

Hungry children are more likely to have discipline problems

### Reduced tardiness and absenteeism

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.

