

BREAKFAST NEWS



School Breakfast Facts

A great breakfast program is offered at school every day!

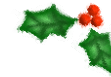
Here are some fun facts about school breakfast:






- It's easy! Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- It's affordable! If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- It's tasty! Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- It's good for the brain! Research suggests that not having breakfast can affect children's intellectual performance (CDC).

Tip of the Month: Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.



DECEMBER 2009



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets w/ Choice of Sauces French Fries Roll Hot Vegetable Fruit Cup Bagels	2 Turkey & Cheese Wrap Chicken Noodle Soup Fresh Vegetables Peaches Dessert Cereal w/toast	3 Orange Juice Scrambled Eggs Sausage Patty Pancake w/ Syrup Baked Cinnamon Apples Waffles Breakfast For Lunch	4 Pizza Tossed Salad Peaches Cookie Donut
7 Chicken Tenders Potato Rounds Roll/butter Hot Vegetable Fruit Breakfast Pizza	8 Grilled Cheese Sandwich Pizza Soup Pears Popsicle French Toast Sticks	Hamburger or Cheeseburger On Roll Potatoes Fruit Dessert Pancakes	10 Sliced Turkey & Dressing Mashed Potatoes w/ Gravy Green Beans or Sauerkraut Cranberry Sauce Roll Holiday Dessert Toast Holiday Dinner 	11 Pepperoni or Cheese Pizza Hot Vegetable Fruit Cookie Donut
14 Popcorn Chicken Fresh Veggies w/ Dip Roll Peaches Breakfast Pizza 	15 Hot Ham & Cheese on Roll Vegetable Soup Rainbow Apples Dessert Sausage on Roll	16 Hard or Soft Shell Taco w/ Cheese Shredded Lettuce Corn Pears Animal Crackers Cereal w/ Toast	17 Chicken Nuggets w/Choice of sauces Baked Beans Roll w/ butter Fruit Dessert Bagels	18 Pizza Tossed Salad Applesauce Cookie Donut
21 Chicken Patty on Roll Cheesy Mashed Potatoes Hot Vegetable Fruit Breakfast Pizza	22 Oven Baked Cheesesticks w/ Dipping Sauce Hot Vegetable Pears Dessert English Muffin w/egg	23 Pepperoni or Cheese Pizza Green Beans Fruit Cookie Toast	24 25 SCHOOL CLOSED FOR WINTER HOLIDAY  	

HAPPY HOLIDAYS