





# FCHS December 2017 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1 Choose 1 or 2:</b> Assorted Cereal Poptart OR <b>Choose 1:</b> Bacon, Egg, Cheese Croissant
<b>4 Choose 1 or 2:</b> Assorted Cereal Poptart OR <b>Choose 1:</b> Breakfast Pizza Breakfast Bun	<b>5 Choose 1 or 2:</b> Assorted Cereal Biscuit Poptart Sausage	<b>6 Choose 1 or 2:</b> Assorted Cereal Poptart Steak Biscuit	<b>7 Choose 1 or 2:</b> Assorted Cereal Muffin Poptart OR <b>Choose 1:</b> Dutch Waffle	<b>8 Choose 1 or 2:</b> Assorted Cereal Poptart OR <b>Choose 1:</b> Bacon, Egg, Cheese Croissant
<b>11 Choose 1 or 2:</b> Assorted Cereal Poptart OR <b>Choose 1:</b> Mini Cinnis	<b>12 Choose 1 or 2:</b> Assorted Cereal Biscuit Poptart Sausage	<b>13 Choose 1 or 2:</b> Assorted Cereal Poptart Chicken Biscuit	<b>14 Choose 1 or 2:</b> Assorted Cereal Breakfast Steak Biscuit Poptart	<b>15 Choose 1 or 2:</b> Assorted Cereal Poptart Cinnamon Roll OR <b>Choose 1:</b> Powdered Donuts
<b>18 Choose 1 or 2:</b> Assorted Cereal Poptart OR <b>Choose 1:</b> Breakfast Pizza Breakfast Bun	<b>19 Choose 1 or 2:</b> Assorted Cereal Biscuit Poptart Sausage	<b>20 No Meals Served</b>	<b>21 No School</b>	<b>22 No School</b>

### Breakfast Improves Academic Achievement and Behavior

Eating a nutritious breakfast helps students achieve the classroom goals set for them. National studies consistently confirm that breakfast helps kids concentrate, think, behave and learn. Eating breakfast:

- ✓ Improves children's classroom performance, including better test scores and grades
- ✓ Increases children's ability to focus and concentrate on school work
- ✓ Decreases behavior problems, tardiness and visits to the school nurse
- ✓ Increases attendance rates

Assorted juice and fruit is offered daily. A variety of milk is offered daily. Each reimbursable breakfast must include a minimum of ½ cup fruit or juice.

The Nutrition Department strives to offer the daily menus as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered. This institution is an equal opportunity provider



Breakfast is available at no charge to all Franklin County School Students!