

2017

October

Breakfast

Hamilton County Elementary Schools

This menu is subject to change. Additional items may be offered daily. Check with your school's cafeteria for changes to this menu and supplementary menu items.

**Breakfast Prices:
For Non CEP Schools**
Paid Student: \$2.00
Reduced Student: \$0.30
HCDE Employees: \$2.50
Visitors: \$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast includes up to 1 of each: -Grain Entree OR Grain-Meat/Meat Alternate Combination Entree OR Meat/Meat Alternate (If offered in place of the grain) -100% Fruit Juice* -Whole Fruit* -Lowfat or Fat-Free Mayfield's Milk *A breakfast must include at least 1/2 cup of fruit or juice to avoid paying a la carte. Students must take 3 items offered but may take all 4-5 items for a complete meal.</p>			28	<p>Other Daily Breakfast Options -Yogurt w/ Graham Crackers or Toast -Cereal w/ Toast -Toast (2 slices) w/ Jelly -PBJ Entrees -Soft Oatmeal Bar -Whole Grain Pop-tart w/ Toast</p>
02	03	04	05	06
Mini Cinnamon Rolls	Breakfast Pizza Boat	Scrambled Eggs, Turkey Bacon, Toast	Whole Grain Mini Donuts	No School
09	10	11	12	13
Fall Break! No School!				
16	17	18	19	20
Mini Cinnamon Rolls	Breakfast Pizza	Scrambled Eggs, Turkey Bacon, Toast	Whole Grain Mini Donuts	Chicken Biscuit OR Plain Biscuit/Jelly
23	24	25	26	27
Mini Maple Pancakes	Sausage Biscuit OR Plain Biscuit/Jelly	Mini Blueberry Waffles	French Toast Sticks	Hot Cherry Pastry
30	31	1	2	3
Mini Cinnamon Rolls	Breakfast Pizza	Scrambled Eggs, Turkey Bacon, Toast	Whole Grain Mini Donuts	Chicken Biscuit OR Plain Biscuit/Jelly

Why should students eat breakfast everyday?

- Students who eat breakfast before a test (including standardized tests) have been shown to achieve higher scores in reading, math, and spelling compared to students who did not eat breakfast.
- Eating a healthy breakfast, including those provided at school, can promote a healthy weight and decrease the likelihood of being overweight or obese.
- Breakfast foods contain important vitamins and minerals including calcium, Vitamin C, and iron which are necessary for students to learn, play, and grow!

References: Research Brief: Breakfast for Health, Food Research & Action Center. October 2016. Research Brief: Breakfast for Learning. Food Research & Action Center. October 2016.