

2017

CALENDAR YEAR / MONTH

















































































OCTOBER

BREAKFAST

Hamilton County  
Pre-Kindergarten Menu

Head Start, State/Title, & Exceptional Ed (CDC, etc.)

**Lunch Prices:**  
Paid Student: \$2.00  
Reduced Student: \$0.30  
HCDE Employees: \$2.50  
Visitors: \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Includes:</b> A Pre-K breakfast <u>must</u> include 1 grain choice OR a meat/meat alternate choice (if offered with OR in place of the grain), 1/2 C of ONE fruit choice and a choice of an unflavored fat-free milk OR an unflavored 1% milk. Students <u>must</u> take 1 choice from all 3 components offered.				
02	03	04	05	06
 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Breakfast Pizza Boat OR  Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	No School
09	10	11	12	13
<b>Fall Break! No School!</b>  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.				
16	17	18	19	20
 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Scrambled Eggs OR  Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
23	24	25	26	27
 Mini Maple Pancakes  Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
30	31	01	02	03
 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Breakfast Pizza Boat  Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	 Cereal OR  Toast OR  Scooby Bones OR  Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk