

2017

September

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
28  Mini Cinnamon Rolls	29  Scrambled Eggs,  Turkey Bacon, Toast	30  Chicken Biscuit OR  Plain Biscuit/Jelly	31  Pancake on a Stick	01  Sausage Biscuit OR  Plain Biscuit/Jelly
04 Labor Day No School	05  Breakfast Pizza Boat 	06  Scrambled Eggs,  Turkey Bacon, Toast	07  Whole Grain Mini Donuts	08  Chicken Biscuit OR  Plain Biscuit/Jelly
11  Mini Maple Pancakes	12  Sausage Biscuit OR  Plain Biscuit/Jelly	13  Mini Blueberry Waffles	14  French Toast Sticks	15  Hot Cherry Pastry
18  Mini Cinnamon Rolls	19  Breakfast Pizza	20  Scrambled Eggs,  Turkey Bacon, Toast	21  Whole Grain Mini Donuts	22  Chicken Biscuit OR  Plain Biscuit/Jelly
25  Mini Maple Pancakes	26  Sausage Biscuit OR  Plain Biscuit/Jelly	27  Mini Blueberry Waffles	28  French Toast Sticks	29  Hot Cherry Pastry
02 This institution is an equal opportunity provider.	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.			Other Daily Breakfast Options -Yogurt w/ Graham Crackers or Toast -Cereal w/ Toast -Toast (2 slices) w/ Jelly -PBJ Entrees -Soft Oatmeal Bar

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.

