

2017

September

Breakfast

**Hamilton County
Middle, High, and Middle/High Combination 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  Good Morning Taco	12  Sausage Biscuit OR  Plain Biscuit/Jelly	13  Chicken & Waffles	14  French Toast Sticks	15  Pancake on a Stick
18  Mini Cinnamon Rolls  Sausage Biscuit OR  Plain Biscuit/Jelly	19  Breakfast Pizza	20  Scrambled Eggs,  Turkey Bacon, Biscuit Peppered Gravy	21  Whole Grain Mini Donuts	22  Chicken Biscuit OR  Plain Biscuit/Jelly
25  Good Morning Taco	26  Sausage Biscuit OR  Plain Biscuit/Jelly	27  Chicken & Waffles	28  French Toast Sticks  Chicken Biscuit OR  Plain Biscuit/Jelly	29  Pancake on a Stick
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.

