

2018

CALENDAR YEAR / MONTH

FEBRUARY

BREAKFAST

Hamilton County Pre-Kindergarten Menu

Lunch Prices:
Paid Student: \$2.00
Reduced Student:
\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>04</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>05</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>06</p> <ul style="list-style-type: none"> Mini Blueberry Waffles OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>07</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>08</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
<p>09</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>10</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>11</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>12</p> <p>Manager's Choice Entrée</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>13</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
<p>14</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>15</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>16</p> <ul style="list-style-type: none"> French Toast Sticks OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>17</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>18</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
<p>19</p> <p>Presidents' Day</p> <p>No School</p>	<p>20</p> <ul style="list-style-type: none"> Scrambled Eggs OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>21</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>22</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>23</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
<p>24</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>25</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>26</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>27</p> <ul style="list-style-type: none"> Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk 	<p>28</p> <ul style="list-style-type: none"> Breakfast Pizza OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk

Breakfast Includes:
A Pre-K breakfast must 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 must take 1 choice from all 3 components offered.

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.