

2018

CALENDAR YEAR / MONTH

MARCH

BREAKFAST

Hamilton County Pre-Kindergarten Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
26 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	27 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	28 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	01 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	02 Breakfast Pizza OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
05 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	06 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	07 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	08 Pancake on a Stick OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	09 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
12 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	13 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	14 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	15 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	16 Teacher Professional Development
19 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	20 Scrambled Eggs OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	21 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	22 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	23 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
26 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	27 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	28 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	29 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	30 Spring Holiday No School

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.