

2017

CALENDAR YEAR / MONTH

DECEMBER

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
27 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	28 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	29 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	30 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
04 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 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
11 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 Breakfast Pizza OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	14 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
18 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	19 Mini Maple Pancakes OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	20-22 Winter Break! No School!		
25-29 Winter Break! No School!				
<p><b>Breakfast Includes:</b></p> <p>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.</p> <p>Students <u>must</u> take 1 choice from all 3 components offered.</p>		<p><b>Why should students eat breakfast everyday?</b></p> <ul style="list-style-type: none"> <li>- 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.</li> <li>- Eating a healthy breakfast, including those provided at school, can promote a healthy weight and decrease the likelihood of being overweight or obese.</li> <li>- Breakfast foods contain important vitamins and minerals including calcium, Vitamin C, and iron which are necessary for students to learn, play, and grow!</li> </ul> <p><b>References:</b> Research Brief: Breakfast for Health, Food Research &amp; Action Center. October 2016. Research Brief: Breakfast for Learning. Food Research &amp; Action Center. October 2016.</p>		