

2018

CALENDAR YEAR / MONTH

JANUARY

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






01 02 03 04 05





Winter Break! No School!





08 09 10 11 12





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Breakfast Pizza OR
 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk






 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk






 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 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





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 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






 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk





 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk

 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk

 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk

 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

 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk

 Cereal OR
 Toast OR
 Scooby Bones OR
 Yogurt w/ Granola
1/2 C of Fruit OR Juice
Choice of 1 Milk

<p style="text-align: center;">Breakfast Includes:</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 style="text-align: center;">Why should students eat breakfast everyday?</p> <ul style="list-style-type: none"> - 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! <p><u>References:</u> Research Brief: Breakfast for Health, Food Research & Action Center. October 2016. Research Brief: Breakfast for Learning. Food Research & Action Center. October 2016.</p>
--	--