

2017

CALENDAR YEAR / MONTH

NOVEMBER

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
30 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	31 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	01 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	02 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	03 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 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	09 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	10 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 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	15 Scrambled Eggs OR Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	16 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	17 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk
20 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	21 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	Thanksgiving Break! No School!		
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
<p>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>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>References: Research Brief: Breakfast for Health, Food Research & Action Center. October 2016. Research Brief: Breakfast for Learning. Food Research & Action Center. October 2016.</p>		