

2017

CALENDAR YEAR / MONTH

SEPTEMBER

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
28 Cereal OR Toast OR Scooby Bones OR Yogurt w/ Granola 1/2 C of Fruit OR Juice Choice of 1 Milk	29  Scrambled Eggs OR 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	31 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 <b>Labor Day No School!</b>	05  Breakfast Pizza Boat 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
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  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	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 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
25  Mini Maple Pancakes 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 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

**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.