

2018


































February

Breakfast

Hamilton County Elementary Schools

*This menu is subject to change.
Additional items may be offered daily. Check with your school's
cafeteria for changes to this menu and supplementary menu items.*

**Breakfast Prices:
For Non CEP Schools**
Paid Student: \$2.00
Reduced Student: \$0.30
HCDE Employees: \$2.50
Visitors: \$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29  Mini Maple Pancakes	30  Chicken Biscuit OR  Plain Biscuit/Jelly	31  Mini Blueberry Waffles	01 Manager's Choice Entrée	02 Manager's Choice Entrée
05  Mini Cinnamon Rolls	06  Chicken Biscuit OR  Plain Biscuit/Jelly	07  Mini Blueberry Waffles	08  Sausage Biscuit OR  Plain Biscuit/Jelly	09 Manager's Choice Entrée
12  Scrambled Eggs,  Turkey Bacon, & Toast	13  Sausage Biscuit OR  Plain Biscuit/Jelly	14  French Toast Sticks	15  Chicken Biscuit OR  Plain Biscuit/Jelly	16  Breakfast Pizza
19 Presidents' Day No School	20  Scrambled Eggs,  Turkey Bacon, & Toast	21  Whole Grain Mini Donuts OR  Sausage Biscuit	22  Pancake on a Stick	23  Chicken Biscuit OR  Plain Biscuit/Jelly
26  Scrambled Eggs,  Turkey Bacon, & Toast	27  Sausage Biscuit OR  Plain Biscuit/Jelly	28  French Toast Sticks	01  Chicken Biscuit OR  Plain Biscuit/Jelly	02  Breakfast Pizza

Breakfast includes up to 1 of each:
-Grain Entree OR Grain-Meat/Meat Alternate Combination Entree
OR Meat/Meat Alternate (If offered in place of the grain)
-100% Fruit Juice* -Whole Fruit*
-Lowfat or Fat-Free Mayfield's Milk

*A breakfast must include at least 1/2 cup of fruit or juice to avoid paying a la carte.
Students must take 3 items offered but may take all 4-5 items for a complete meal.

**This institution is an equal
opportunity provider.**

Other Daily Breakfast Options
-Yogurt w/ Graham Crackers or Toast
-Cereal w/ Toast
-Toast (2 slices) w/ Jelly
-PBJ Entrees
-Soft Oatmeal Bar
-Whole Grain Pop-tart w/ Toast

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.