

2018







































# March

## 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
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
05  Mini Cinnamon Rolls	06  Scrambled Eggs,  Turkey Bacon, & Toast	07  Whole Grain Mini Donuts OR  Sausage Biscuit	08  Pancake on a Stick	09  Chicken Biscuit OR  Plain Biscuit/Jelly
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 Teacher Professional Development No School
19  Mini Cinnamon Rolls	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	29  Chicken Biscuit OR  Plain Biscuit/Jelly	30 Spring Holiday No School

**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 Fresh 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.