

2018























February

Breakfast

Hamilton County Middle, High, and Middle/High Combination 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  Good Morning Taco	30  Sausage Biscuit OR Plain Biscuit/Jelly	31  Chicken & Waffles	01 Manager's Choice Entrée	02 Manager's Choice Entrée
05  Mini Cinnamon Rolls OR Chicken Biscuit	06  Sausage Biscuit OR Plain Biscuit/Jelly	07  Chicken & Waffles	08  French Toast Sticks	09  Chicken Biscuit OR Plain Biscuit/Jelly
12  Good Morning Taco	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 Sausage Biscuit	22  Pancake on a Stick	23  Chicken Biscuit OR Plain Biscuit/Jelly
26  Good Morning Taco	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-tarts

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.