

2017
























# December

## 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
27  Mini Cinnamon Rolls	28  Breakfast Pizza Boat	29  Chicken Biscuit OR  Plain Biscuit/Jelly	30  Whole Grain Mini Donuts	01  Breakfast Pizza
04  Chicken Biscuit OR  Plain Biscuit/Jelly	05  Mini Maple Pancakes	06  Sausage Biscuit OR  Plain Biscuit/Jelly	07  Mini Blueberry Waffles	08  French Toast Sticks
11  Mini Cinnamon Rolls	12  Chicken Biscuit OR  Plain Biscuit/Jelly	13  Breakfast Pizza	14  Whole Grain Mini Donuts	15  Sausage Biscuit OR  Plain Biscuit/Jelly
18  Chicken Biscuit OR  Plain Biscuit/Jelly	19  Mini Maple Pancakes	<b>Winter Break! No School!</b>		
25	26	27	28	29

## Winter Break! 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 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.