

2018

# January

## 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
01	02	03	04	05

## Winter Break! No School!

08  Mini Cinnamon Rolls	09  Chicken Biscuit OR Plain Biscuit/Jelly	10  Breakfast Pizza	11  Whole Grain Mini Donuts	12  Sausage Biscuit OR Plain Biscuit/Jelly
15 Martin Luther King Day No School!	16  Chicken Biscuit OR Plain Biscuit/Jelly	17  Mini Blueberry Waffles	18  Sausage Biscuit OR Plain Biscuit/Jelly	19  French Toast Sticks
22  Mini Cinnamon Rolls	23  Breakfast Pizza	24  Chicken Biscuit OR Plain Biscuit/Jelly	25  Whole Grain Mini Donuts	26  Sausage Biscuit OR Plain Biscuit/Jelly
29  Mini Maple Pancakes	30  Chicken Biscuit OR Plain Biscuit/Jelly	31  Mini Blueberry Waffles	01  Sausage Biscuit OR Plain Biscuit/Jelly	02  French Toast Sticks

<p><b>Breakfast includes up to 1 of each:</b>                      -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.</p>	<p><b>This institution is an equal opportunity provider.</b></p>	<p><b>Other Daily Breakfast Options</b>                      -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</p>
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**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.