

2017































November

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
30  Mini Cinnamon Rolls	31  Breakfast Pizza	01   Scrambled Eggs, Turkey Bacon, Toast	02  Whole Grain Mini Donuts	03   Chicken Biscuit OR Plain Biscuit/Jelly
06  Mini Maple Pancakes	07   Sausage Biscuit OR Plain Biscuit/Jelly	08  Mini Blueberry Waffles	09  French Toast Sticks	10  Hot Cherry Pastry
13  Mini Cinnamon Rolls	14  Breakfast Pizza	15   Scrambled Eggs, Turkey Bacon, Toast	16  Whole Grain Mini Donuts	17   Chicken Biscuit OR Plain Biscuit/Jelly
20  Mini Maple Pancakes	21   Sausage Biscuit OR Plain Biscuit/Jelly	Thanksgiving Break! No School!		
27  Mini Cinnamon Rolls	28   Breakfast Pizza Boat	29   Chicken Biscuit OR Plain Biscuit/Jelly	30  Whole Grain Mini Donuts	01  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.