


















2017

December

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
27  Mini Cinnamon Rolls Sausage Biscuit Plain Biscuit w/ Jelly	28  Breakfast Pizza Boat	29  Whole Grain Mini Donuts Chicken Biscuit (HS Only)	30  Breakfast Pizza	01  Chicken Biscuit OR Plain Biscuit/Jelly
04  Good Morning Taco	05  Sausage Biscuit OR Plain Biscuit/Jelly	06  French Toast Sticks	07  Chicken Biscuit OR Plain Biscuit/Jelly	08  Pancake on a Stick
11  Mini Cinnamon Rolls Sausage Biscuit Plain Biscuit w/ Jelly	12  Breakfast Pizza	13  Whole Grain Mini Donuts Chicken Biscuit (HS Only)	14  Scrambled Eggs, Turkey Bacon, Toast	15  Chicken Biscuit OR Plain Biscuit/Jelly
18  Good Morning Taco	19  Sausage Biscuit OR Plain Biscuit/Jelly	20	21	22
25	26	27	28	29

Winter Break! No School!

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-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.