

2018

January


































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
01	02	03	04	05

Winter Break! No School!

08  Mini Cinnamon Rolls  OR Sausage Biscuit	09  Breakfast Pizza	10  Whole Grain Mini Donuts  Chicken Biscuit (HS Only)	11  Scrambled Eggs,  Turkey Bacon, Toast	12  Chicken Biscuit OR  Plain Biscuit/Jelly
15 Martin Luther King Day No School!	16  Sausage Biscuit OR  Plain Biscuit/Jelly	17  Chicken & Waffles	18  French Toast Sticks OR  Chicken Biscuit OR  Plain Biscuit/Jelly	19  Pancake on a Stick
22  Mini Cinnamon Rolls  OR Sausage Biscuit	23  Breakfast Pizza Boat	24  Whole Grain Mini Donuts  Chicken Biscuit (HS Only)	25  Scrambled Eggs,  Turkey Bacon, Toast	26  Chicken Biscuit OR  Plain Biscuit/Jelly
29  Good Morning Taco	30  Sausage Biscuit OR  Plain Biscuit/Jelly	31  Chicken & Waffles	01  French Toast Sticks OR  Chicken Biscuit OR  Plain Biscuit/Jelly	02  Pancake on a Stick

<p>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.</p>	<p>This institution is an equal opportunity provider.</p>	<p>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</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.