

2017






























November

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
30  Mini Cinnamon Rolls	31  Breakfast Pizza Boat	01  Scrambled Eggs, Turkey Bacon, & Toast	02  Whole Grain Mini Donuts	03  Chicken Biscuit OR Plain Biscuit/Jelly
06  Good Morning Taco	07  Sausage Biscuit OR Plain Biscuit/Jelly	08  Chicken & Waffles	09  French Toast Sticks	10  Pancake on a Stick
13    Mini Cinnamon Rolls Sausage Biscuit OR Plain Biscuit/Jelly	14  Breakfast Pizza	15   Whole Grain Mini Donuts OR Chicken Biscuit	16  Scrambled Eggs, Turkey Bacon, Toast	17  Chicken Biscuit OR Plain Biscuit/Jelly
20   Good Morning Taco	21  Sausage Biscuit OR Plain Biscuit/Jelly	Thanksgiving Break! No School!		
27    Mini Cinnamon Rolls Sausage Biscuit OR Plain Biscuit/Jelly	28  Breakfast Pizza Boat	29   Whole Grain Mini Donuts OR Chicken Biscuit	30  Breakfast Pizza	01  Chicken Biscuit OR Plain Biscuit/Jelly

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.