

January 2010

BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
				1 WELCOME BACK! HAPPY NEW YEAR!
4	5	6	7	8
"Go Fast Breakfast Pack" Crispy Rice Bar Whole Grain Cookies Chilled Juice Box Milk	Cereal Graham Crackers Chilled Fruit Juice Milk	Yogurt Scooby Doo Grahams Chilled Fruit Juice Milk	Cereal Animal Crackers Chilled Fruit Juice Milk	PBJ Uncrustable Chilled Fruit Juice Milk
11	12	13	14	15
Warm Fruit Turnover Milk	Cereal Pop Tart Chilled Fruit Juice Milk	Super Donut String Cheese Milk	Cereal Cocoa Nutrition Bar Chilled Fruit Juice Milk	Maple Snackwaffle Chilled Fruit Juice Milk
18	19	20	21	22
	Cereal Smart Cookies Chilled Fruit Juice Milk	Cheese Filled Pretzel Chilled Fruit Juice Milk	Cereal Graham Crackers Chilled Fruit Juice Milk	Apple/Nut Nutrition Bar Cheese Stick Chilled Fruit Juice Milk
25	26	27	28	29
Bagel w/cream cheese & jelly Chilled Fruit Juice Milk	Cereal Pop Tart Chilled Fruit Juice Milk	PBJ Wafer Chilled Applesauce Cup Milk	"Go Fast Breakfast Pack"	Cocoa Puff Cereal Bar String Cheese Chilled Fruit Juice Milk

News

January 4 - School Reopens

January 14 - End of 2nd Quarter & 1st Semester

January 18 - Martin Luther King Day (No School)

Breakfast is the most important meal of your day.

Breakfast supplies ¼ of the Recommended Daily Allowances of nutrients your child needs.

Eating school breakfast eliminates making children eat right after waking up, which is difficult for a lot of them.

No more starting school on an empty stomach, feeling tired, hungry or irritable.

Students are healthier, happier, more productive in the classroom & more energetic throughout the day.

