

Breakfast 2017

Mon	Tue	Wed	Thu	Fri
Mini Cinnis w/Gogurt Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	French Toast Sticks Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	Sausage Breakfast Muffin Or Variety of Whole Grain Cereal w/ English Muffin Fruit Fruit Juice Milk	Breakfast On A Stick Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	Hot Oatmeal Cereal Or Variety of Whole Grain Cereal Breakfast Bar Fruit Fruit Juice Milk



Why is Breakfast So Important?

Is it really true that “Breakfast is the most important meal of the day”?

Breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day.

In general, kids and teens that eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can get irritable, restless, and tired. So make time for breakfast- for you and your kid's!