

# Breakfast 2018

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



## Start the Day (and the Year) Right!

Make giving your kids a healthy breakfast every day one of your New Year's resolutions.

If you don't have much time in the morning or your kids aren't hungry when they wake up, send them to school for breakfast. Healthy food choices are available every morning in the cafeteria for ALL students. We cannot wait to see them!

Help your kids to make this year a success- encourage them to eat breakfast!