

Breakfast 2018

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



Cafeteria Plan

Why should your child buy school meals?

Cafeteria meals are healthier than ever because of updated national nutrition standards.

Plus, if he gets lunch at school, you can knock “packing lunch” off your to-do list!

Consider these two suggestions

1. Go over the school menu together.

He could circle his favorite items and decide what he will put on his tray the next day.

Talk up the menu items (“The burrito sounds really good!”) If you’re excited about the choices, he will share your excitement.

2. Discuss what he ate.

What does he like best? What does he throw in the trash? You might suggest that he talk to the cafeteria manager to tell her about his favorite meals.