



**SERVED DAILY**  
 Fruit or 100 % Fruit Juice  
 1% WHITE

*Pre-K Head Start*

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				
<b>Mini Pancakes</b> Fruit Juice/Fresh Fruit Syrup	<b>Breakfast Pizza</b> Fresh Fruit Chilled Fruit Cup	<b>Cinnamon Toast</b> Fruit Juice/Fresh Fruit Jelly	<b>Sausage Biscuit</b> Fresh Fruit Chilled Fruit Cup Jelly	<b>Yogurt Cup/Cereal</b> Fruit Juice/Fresh Fruit
<b>WEEK 2</b>				
<b>Sausage Kolache</b> Fruit Juice Fresh Fruit	<b>Yogurt Cup W/Teddy Grahams</b> Fresh Fruit Chilled Fruit Cup	<b>Cinnamon Toast</b> Fruit Juice/Fresh Fruit Jelly	<b>CEREAL BAR</b> Fresh Fruit Chilled Fruit Cup	<b>Sausage Kolache</b> Fruit Juice/Fresh Fruit Syrup

## WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

### **Higher Academic Scores**

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't

### **Improved behavior**

Hungry children are more likely to have discipline problems

### **Reduced tardiness and absenteeism**

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.

