

**Central Montcalm
Elementary**

Breakfast in the Classroom



**School Year 2017-18
Breakfast Menu**

K-1 FREE

Adult \$2.25
Milk \$0.50
1% white or skim

*subject to change

We use whole grain rich products

Carbohydrates in grams in ()

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
week 1				
Nutrigrain Bar(30)	Breakfast Cookie(43)	Yogurt/Goldfish(38)	Muffin(32)	Cereal Bag/grahams(33)
Fruit Milk	100% Juice Milk	Fruit Milk	100% Juice Milk	Fruit Milk

*Milk is offered but children are not required to take it

*Optional cheese stick is offered on Tues and Thurs

Children who eat breakfast at school do better in math and miss fewer class days, according to a national study. The study analyzed national demographic data to learn that children who eat breakfast score an average of 17.5% higher on math tests.

Also, students who eat school breakfast attend class an average of 1.5 days more per year. The report found that the combination of higher attendance and increased math scores means kids who eat school breakfast are 20 percent more likely to graduate high school.

Students ~~must~~ take a juice or fruit to qualify as a meal

Deposit money or view your child's account www.sendmoneytoschool.com

To learn more about Healthy, Hunger Free Kids Act and other child nutrition facts, visit www.fns.usda.gov

Please contact Amy Main at 831-2106 with any questions or comments.

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