

Central Montcalm

M\$/H\$

School Year 2017-18

Breakfast Menu

Served daily 7:15-7:45

| | |
|-----------------------------------------------|--------|
| 6-12 | \$1.50 |
| Reduced | \$0.30 |
| Adult | \$2.25 |
| Milk | \$0.50 |
| 1% white, skim, ff chocolate or strawberry | |

Daily Choices:

- poptarts(72)
- muffin/grahams(50)
- mini pwr donuts(41)
- chocolate bread(44)
- breakfast cookie(44)

We use whole grain rich products

Carbohydrates in grams in ()

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--------------------------|--------------------------|---------------------------------------------|--------------------------|
| Week 1, Day 1 | Week 1, Day 2 | Week 1, Day 3 | Week 1, Day 4 | Week 1, Day 5 |
| Frosted Donut(42) | Breakfast Burrito (28) | Pancake on a Stick(20) | Cinnamon Rolls(36) Breakfast Sliders(22) | Breakfast Pizza(24) |
| Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice |
| Week 2, Day 1 | Week 2, Day 2 | Week 2, Day 3 | Week 2, Day 4 | Week 2, Day 5 |
| Frosted Donut(42) | Breakfast Burrito (28) | Pancake Nuggets(15) | Funnel Cake(43) Breakfast Sliders(22) | Breakfast Pizza(24) |
| Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice | Fruit, Milk, Fruit Juice |

1oz. of syrup(26)

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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