

All students can eat breakfast for FREE

Adult \$2.25
 Milk \$0.50
 1% white, ff chocolate
 or skim



**Central Montcalm
 UE**

Daily Choices:
 Cereal/grahams(43)
 Cereal Bar/Grahams(48)
 Yogurt/Grahams(34)

**School Year 2017-18
 Breakfast Menu**

7:35-7:50am
 updated 9/20/17

We use whole grain rich products

Carbohydrates in grams in ()

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1				
Mini Pancakes(42)	Muffin(32)	Apple Filled Bosco(38)	Breakfast Round(28)	Breakfast Egg Pizza(23)
Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice
Week 2				
French Toast(35)	Muffin(32)	Breakfast Burrito (28)	Breakfast Round(28)	Breakfast Egg Pizza(23)
Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice

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

Fruit is any whole fruit (apple, orange, banana, grapes) or canned fruit (applesauce, peaches, pears) or dried fruit (raisins or cherries)

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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