

BREAKFAST MENU **FALL 2017**

BREAKFAST - THE MOST IMPORTANT MEAL OF THE DAY!

Breakfast & lunch put muscles in your mind!

Hey Kids! Don't forget to power up in the morning with a good breakfast. Then reload your brain power later in the day with a nutritious school lunch. It's convenient, economical, and healthy--and it keeps your brain fired up for the rest of the school day!

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
ASSORTED CEREAL CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK	FRUIT & GRAIN BAR FRUIT and/or 100% FRUIT or VEG JUICE MILK	BAGEL AND CREAM CHEESE FRUIT and/or 100% FRUIT or VEG JUICE MILK	CINNAMON ROLL FRUIT and/or 100% FRUIT or VEG JUICE MILK	CEREAL BAR AND CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK
<p><i>Breakfast consists of whole grains and /or protein servings, fruit and milk (no high-fructose corn syrup or growth hormone rBST).</i></p> <p>Menu subject to change without notice.</p>				

Fitness



You need at least 60 Minutes of Activity a Day!

This could include anything from structured exercise to playing outside or even walking the dog. Make physical activity part of your daily life...and try and limit the time you spend sitting around watching TV or playing video games. Exercise helps to build

Students who are physically fit sleep better and are better able to handle the physical and emotional challenges that they encounter during the day; everything from running to catch a bus, bending down to tie a shoe, playing sports, or studying for a test

A Student Who is Active will:

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| <ul style="list-style-type: none"> - have stronger muscles and bones - be less likely to become overweight - have a leaner body because exercise helps control body fat | <ul style="list-style-type: none"> - have a better outlook on life - decrease the risk of developing type 2 diabetes - have lower blood pressure and blood cholesterol levels |
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