Breakfast

February 2014

Wilkes County Elementary Schools

Breakfast Fact

Compared to children who skip breakfast, a study showed that children who ate breakfast:

- Performed better at school
- Recorded higher test scores
- Reduced absenteeism and tardiness

Reference: Murphy JM et al. The Relationship of School Breakfast to Psychosocial & Academic Functioning: Cross-sectional & Longitudinal Observations in an inner-city School Sample. *Arch Pediatr Adolesc Med.* 1998

monday	tuesday	wednesday	thursday	friday
USDA is an equal opportunity employer and provider. http://www.fns.usda.gov/usda-nondiscrimination-statement				***All breakfast meals offer a variety of low-fat milks and 100% fruit juices or fruit.***
Breakfast Pizza Assorted Cereal Elf Grahams Cheerio Cereal Bar Graham Crackers	**3**	Sausage Biscuit Assorted Cereal Strawberry Pop-tart Scooby Doo Graham Cracker Sticks Graham Crackers Fruit	**4**	Pancake on a Stick Assorted Cereal Blueberry Muffin French Toast Crunchmania Graham Crackers	**5**	Cini Minis Assorted Cereal Coco Krispies Cereal Bar Maple Mini Waffles Cinnamon Biscuit	**6**	Gravy Biscuit Assorted Cereal Cinnamon Bug Bites Apple Cinnamon Cereal Bar Graham Crackers	**7**
Maple Pancake Minis Assorted Cereal Scooby Doo Graham Cracker Sticks Cocoa Krispies Cereal Bar Graham Crackers	**10**	Steak Biscuit Assorted Cereal Blueberry Pop-tart Elf Grahams Fruit	**11**	Cinnamon Mini Waffles Assorted Cereal French Toast Crunchmania Cinnamon Bug Bites Graham Crackers	**12**	Gravy Biscuit Assorted Cereal Chocolate Muffin Cinnamon Toast Crunch Bar Graham Crackers	**13**	**No School**	**14**
Holiday	**17**	**No School**	**18**	French Toast Minis Assorted Cereal Cheerio Cereal Bar Elf Grahams	**19**	Egg & Cheese Biscuit Assorted Cereal Chocolate Chip French Toast Minis Blueberry Muffin Graham Crackers Fruit	**20**	Gravy Biscuit Assorted Cereal Apple Cinnamon Cereal Bar Blueberry Mini Waffles Graham Crackers	**21**
Breakfast Pizza Assorted Cereal Elf Grahams Cheerio Cereal Bar Graham Crackers	**24**	Sausage Biscuit Assorted Cereal Strawberry Pop-tart Scooby Doo Graham Cracker Sticks Graham Crackers Fruit	**25**	Pancake on a Stick Assorted Cereal Blueberry Muffin French Toast Crunchmania Graham Crackers	**26**	Cini Minis Assorted Cereal Cocoa Krispies Cereal Bar Maple Mini Waffles Cinnamon Biscuit Fruit	**27**	**Manager's Choice**	**28**