



# Shine with School Breakfast!

It's Your FUEL for SCHOOL!

## There is more Power with a healthy breakfast...

Research shows that kids who eat breakfast:

- Have improved memory
- Have higher test scores
- Are better problem solvers
- Are more alert and attentive in class
- Are better behaved
- Have less frequent school absences
- Have less visits to the nurse

A good breakfast gives students the energy they need to succeed in school

Please register at [MySchoolBucks.com](http://MySchoolBucks.com) to make prepayments, check balances and transaction history. Look on our District website under school lunch for more details and updates.

Adults may purchase a breakfast meal for \$2.50 plus tax

### Breakfast Menu

Paid Price - \$1.90 Reduced price - \$.25

#### Breakfast Cereal Meal

**Includes: Your choice of Cereal (Cheerios or Cinnamon Toast Crunch), milk, 100% fruit juice & Graham Crackers**

#### Yogurt Meal

**Includes: Yogurt, Graham Crackers milk and 100% fruit juice**

#### Muffin Meal

**Includes: Muffin, milk and 100% fruit juice**

**We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits and milk and *nothing is ever fried*.** Full student breakfast includes choice of entrées as noted including a meat or meat substitute, fruit and choice of low fat milk. Milk choices include fat free white or chocolate or 1% white. **Menu is subject to change.** Questions? Director of Dining Services (631) 262-6647