



# Elementary School Breakfast

## October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Halloween!</p>			1 Chicken Biscuit Chilled Fruit Cup Jelly	2 French Toast Sticks Fruit Juice Syrup
5 Mini Pancakes Fruit Juice Syrup	6 Breakfast Pizza Chilled Fruit Cup	7 Cinnamon Toast Fruit Juice Jelly	8 Sausage Biscuit Chilled Fruit Cup Jelly	9 Yogurt Cup/Cereal Fruit Juice
12 <b>COLUMBUS DAY            SCHOOL-WIDE            HOLIDAY</b>	13 Yogurt Cup W/Cereal Chilled Fruit Cup	14 Cinnamon Toast Fruit Juice Jelly	15 Chicken Biscuit Chilled Fruit Cup Jelly	16 French Toast Sticks Fruit Juice Syrup
19 Mini Pancakes Fruit Juice Syrup	20 Breakfast Pizza Chilled Fruit Cup	21 Cinnamon Toast Fruit Juice Jelly	22 Sausage Biscuit Chilled Fruit Cup Jelly	23 Yogurt Cup/Cereal Fruit Juice
26 Sausage Kolache Fruit Juice	27 Yogurt Cup W/Cereal Chilled Fruit Cup	28 Cinnamon Toast Fruit Juice Jelly	29 Chicken Biscuit Chilled Fruit Cup Jelly	30 Yogurt Cup w/ Cereal Chilled Fruit Cup

**Offered Daily**  
 Seasonal - Fresh Fruit  
 or Fruit Juice  
 1% White Milk



### WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

**Higher Academic Scores**

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't.

**Improved Behavior**

Hungry children are more likely to have discipline problems.

**Reduced Tardiness and Absenteeism**

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.