

## PARENTS

# Take Time for School Breakfast!



**March 3-7, 2014 is National School Breakfast week.** Our district is organizing a celebration to bring attention to the availability of the school breakfast program and help students learn about making healthy food choices. Contact the cafeteria manager at your child's school to learn more about school breakfast and National School Breakfast Week.

take time for  
**school  
BREAKFAST**



### HEALTH AND NUTRITION

This school year, there are new nutrition standards for school breakfast that will help your child get a healthy start to his or her day. School breakfast includes:

- Fruit and veggies every day of the week
- More whole grains
- Fat-free or low-fat milk
- Limited calories, fats, and sodium

### Why Choose School Breakfast?

Check out some of the benefits of choosing school breakfast:

- ✓ **Higher Academic Scores**  
Students who eat breakfast have better attention and memory<sup>1</sup>—and studies show that eating breakfast at school results in higher test scores<sup>2</sup>.
- ✓ **Improved Behavior**  
Hungry children are more likely to have discipline problems. But teens who eat regularly are less likely to be suspended from school<sup>1</sup>.
- ✓ **Reduced Tardiness and Absences**  
Kids who participate in the School Breakfast Program are late or absent from school less often<sup>2</sup>.
- ✓ **Convenience and Value for Parents**  
School breakfast is ideal for busy families trying to get out the door quickly in the mornings. And at an average price of less than two dollars per meal, it's a great value too.

Made possible by:



**SCHOOL  
NUTRITION  
ASSOCIATION**

<sup>1</sup> The Wellness Impact Report—March 2013, National Dairy Council


<sup>2</sup> [www.schoolnutrition.org](http://www.schoolnutrition.org)

# March 2014 High School Menus



Breakfast \$1.45  
Reduced Breakfast \$3.30  
Visitor Breakfast \$1.90  
Extra Milk \$.35

Lunch \$2.35  
Reduced Lunch \$.40  
Visitor Lunch \$3.30

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly Breakfast Options</b>				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.				
<b>Week 1 (3/3, 3/31)</b> ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
<b>Week 2 (3/10, 3/24)</b> ●●Pancakes	●●Egg & Cheese in Pita	●●Sausage Biscuit~	●●Chocolate Chip Waffle	●●Breakfast Bites~
<b>Lunch Options</b>				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.				
3 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	4 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●Baked Fries	5 ●●BBQ Rib Sandwich ●●BBQ Turkey Sliders ●Celery Sticks ●Baked Potato	6 ●●Chicken Nuggets ●●Steak Fingers ●Golden Corn	7 ●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●Potato Wedges
10 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	11 ●●Buffalo Chicken on Bun ●●Sloppy Joe on Bun ●Potato Puffs	12 ●●Cheese Stuffed Breadsticks^ & Marinara Sauce ●Baked Potato	13 ●●Chicken Nuggets ●●Country Beef Steak ●Green Beans	14 <b>Nonteaching duty day</b>
17 <b>Spring Recess</b>	18 <b>Spring Recess</b>	19 <b>Spring Recess</b>	20 <b>Spring Recess</b>	21 <b>Spring Recess</b>
24 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	25 ●●Buffalo Chicken on Bun ●●Grilled Chicken on Bun ●Baked Fries	26 ●●Frito Chili Pie ●●BBQ Turkey Sliders ●Celery Sticks ●Baked Potato	27 ●●Chicken Nuggets ●●Fish Nuggets ●Golden Corn	28 ●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●Potato Wedges
31 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●General Tso Chicken & Rice				
<b>Daily Entrée Choices</b>				
●●Pizza, ●●Turkey Deli Sandwich, ●●Ham Deli Sandwich~, ●●PBJ Sandwich^, String Cheese^ & Fish Crackers, ●●Turkey Chef Salad, ●●Chef Salad^, ●●Hummus^ & Pita, ●●Yogurt^ & String Cheese^ with Pretzel				
<b>Daily Side Choices</b>				
●Broccoli & Cauliflower Salad ●Garden Salad ●Lettuce & Tomato ●Sandwich Toppings ●Fruit Cocktail ●Fresh Fruit	●Fresh Carrots ●Baked Beans ●Lettuce & Tomato ●Sandwich Toppings ●Pineapple Tidbits ●Fresh Fruit	●Chocolate Chip Cookie ●Spinach Dip ●Broccoli & Cheese ●Lettuce & Tomato ●Sandwich Toppings ●Sliced Peaches ●Orange Juice	●Dinner Roll ●Mashed Potatoes ●Lettuce & Tomato ●Sandwich Toppings ●Applesauce ●Fresh Strawberries ●Fresh Fruit	●Cooked Carrots ●Lettuce & Tomato ●Sandwich Toppings ●Tropical Fruit ●Fresh Fruit

^Vegetarian ~Pork

USDA is an equal opportunity provider and employer.

~~Menu Subject to Change

Nutrition Services Office  
316-973-2160  
[www.nutrition.usd259.org](http://www.nutrition.usd259.org)

The five components for menu planning are:  
● Grains ● Protein ● Fruit ● Vegetable ● Milk

Prepay for School Meals  
1-866-736-9007  
[www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)