

BREAKFAST

August 2014

RULE ISD

Nutrition Tip: Eat Breakfast!

Several studies suggest that eating breakfast may help children do better in school by improving:

- Memory
- Alertness
- Concentration
- Mood
- Test scores
- School attendance
- Problem-solving ability

Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

* monday

* tuesday

* wednesday

* thursday

* friday

School Information:

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Sausage Roll
Yogurt
Fruit
Juice
Milk

25

Cheese Omlette Wrap
Or Cereal
Texas Toast
Fruit Juice
Milk

26

Breakfast Pizza
Or Breakfast Parfait
Fruit
Juice
Milk

27

Waffles
Sausage
Fruit
Juice
Milk

28

Cinnamon Rolls
Bacon or PBJ
Fruit
Juice
Milk

29