

All students can receive one free breakfast. Second & Adult Breakfasts cost \$2.50. Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Week of September 1,15, 29; October 13,27; November 10,24

WG French Toast Sticks Hard Boiled Egg Fruit Choice Milk Choice	Yogurt Parfait WG Muffin Top Fruit and Juice Choice Milk Choice	WG Chicken Sausage Patty and Cheese Breakfast Sandwich Fruit Choice Milk Choice	WG UBR Yogurt Cup Fruit and Juice Choice Milk Choice	Assorted WG Snack Bread Fruit Choice Milk Choice
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Week of September 8,22; October 6, 20; November 3, 17

Minion Monday Sausage, Egg and Cheese Breakfast Wrap Fruit Choice Milk Choice	WG Benefit Bar Fruit Choice Milk Choice	Fruit and Yogurt Smoothie WG Graham Crackers Fruit Choice Milk Choice	WG Snackin Waffle Fruit and Juice Choice Milk Choice	WG Frudel or Homemade Muffin Cheese Stick Fruit Choice Milk Choice
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Offered daily: cold cereal choices, wheat toast, milk, fruit choices and 100% fruit juice.



Keys to Success with School Breakfast:

- 1) Start the day with whole grains and protein
- 2) Increase your ability to focus
- 3) Decrease lost time from school with illness
- 4) Consume 1/3 of your daily calories
- 5) Get the energy you need to perform your best at school

***All Northfield Kindergarten students receive free breakfast.**

Breakfast is important...fuel up to help your day take off.

Simple Breakfast Ideas:

- *Banana with peanut butter
- *Banana sliced into yogurt
- *Oatmeal with fruit-like apples, peaches, berries
- *Tortilla with peanut butter and any fruit
- *Breakfast smoothies-berries, milk, yogurt, ice
- *String cheese and apple slices
- *Cold cereal mixed in low-fat yogurt
- *WG granola bar and fresh fruit