

Menus are subject to change without notice.

Week of January 15, 29; February 12, 26; March 11; April 1, 15, 29; May 13, 27

WG Cereal 4 oz Juice Milk*	WG Snack Bread Fruit Milk*	WG Granola Round Fruit Milk*	WG Cereal Fruit Milk*	WG Graham Squares Fruit Milk*
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Week of January 8, 22; February 5, 19; March 4, 18; April 8, 22; May 6, 20; June 3

WG Cereal 4 oz Juice Milk*	WG Benefit Bar Fruit Milk*	WG Snack Bread Fruit Milk*	WG Muffin Fruit Milk*	WG Snack Bread Fruit Milk*
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Our schools offer healthy meals each day. Starting school year 2023-24, we are joining Minnesota's Free School Meals Program. All students can get one breakfast and one lunch free of charge each day at school. Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged \$.50.

*MDE Infant and Preschool Meal Pattern Guidelines: **Milk** - ages 1-2 portion is 4 fluid ounces; ages 3-5 is 6 fluid ounces. Children 12-24 months are served unflavored whole milk; children 2 and up are served unflavored 1% **Cereal** - Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. (1 oz Approved Whole Grain Cereals: Marshmallow Mateys, Cinnamon Toast Crunch RS, Cinnamon Chex, Cheerios, Honey Cheerios, Scooters, Honey Scooters, Kix, Rice Chex, Multi Grain Cheerios).



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 students receive one 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