

2023-24 Winter Breakfast Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Week of December 11; January 1, 15, 29; February 12, 26; March 11

Assorted WG Snack Bread Cheese Stick Fruit choice Milk choice	WG Brekkie Fruit and Juice choice Milk choice	WG Chicken Sausage Patty and Cheese Breakfast Sandwich Fruit choice Milk choice	WG Breakfast Pizza Fruit and Juice choice Milk choice	WG Cinnamon Toast Crunch Bar Fruit choice Milk choice
--	---	--	---	---

Week of December 4, 18; January 8, 22; February 5, 19; March 4, 18

WG Benefit Bar Fruit choice Milk choice	Early Riser Breakfast Hashbrown Fruit and Juice choice Milk choice	Fruit and Yogurt Smoothie (Twist and Go) Thin Crisps Fruit choice Milk choice	WG Mini Pancakes Fruit and Juice choice Milk choice	WG Frudel or Homemade Muffin Cheese Stick Fruit choice Milk choice
---	--	---	---	---

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