

Achievement: Start Your Day on "FULL"

You've heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it's important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

For breakfast sometimes you need to "think outside the box". You can try some nontraditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast everyday!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	2 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	3 Hot or Cold Cereal or Pop Tarts Graham Crackers Juice & Milk	4 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	5 Hot or Cold Cereal or Granola Bar Elf Grahams Juice & Milk
8 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	9 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	10 Hot or Cold Cereal or Pop Tarts Graham Crackers Juice & Milk	11 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	12 Hot or Cold Cereal or Granola Bar Elf Grahams Juice & Milk
15 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	16 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	17 Hot or Cold Cereal or Pop Tarts Graham Crackers Juice & Milk	18 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	19 Hot or Cold Cereal or Granola Bar Elf Grahams Juice & Milk
22 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	23 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	24 Hot or Cold Cereal or Pop Tarts Graham Crackers Juice & Milk	25 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	26 Hot or Cold Cereal or Granola Bar Elf Grahams Juice & Milk

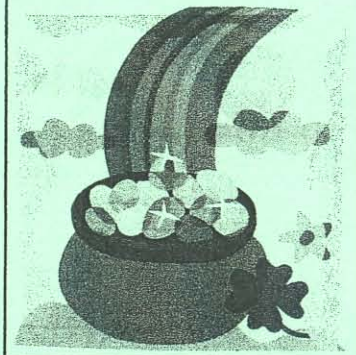
Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

Breakfast Price:
\$1.25

Reduced Breakfast Price:
\$0.30

ST. PATRICKS DAY

MARCH 17



SCHOOL CLOSED

FOR

SPRING RECESS

MARCH 29 – APRIL 5

