



SCHOOL BREAKFAST OUT OF THIS WORLD!™

Do you know that March 2-6 is National School Breakfast Week?



Parents: Your middle schooler can get healthy breakfast options at school that are out of this world!

Students who eat school breakfast are more likely to:

Reach higher levels of achievement in reading and math

Score higher on standardized tests

Have better concentration and memory

Be more alert

Maintain a healthy weight



Check out the menu and join us for breakfast with your friends!



MIDDLE SCHOOL BREAKFAST MENU



Breakfast Pricing

Full Price: \$1.50
Reduced Price: \$0.30
Milk Only: \$0.50
Staff Breakfast: \$2.75

Mon	Tue	Wed	Thu	Fri
2 Assorted Cereal Muffin (assorted selection) Diced Pears	3 Egg & Cheese on a Wheat Bagel Sliced Peaches	4 Whole Grain Lemon Bread Fresh Florida Orange	5 Freshly Baked Blueberry Muffin String Cheese Fresh Banana	6 Freshly Baked Cinnamon Roll String Cheese Mandarin Oranges
9 Assorted Cereal Non-Fat Yogurt Diced Pineapple	10 Bacon, Egg & Cheese on a Croissant Applesauce Cup	11 Fruit & Yogurt Parfait with Cinnamon Granola Annie's Bunny Grahams Fresh Pear	12 Freshly Baked Double Chocolate Muffin Fresh Mac Apple	13 No School Today! Professional Development Day
16 Assorted Cereal Muffin (assorted selection) Raisins	17 Whole Grain Banana Bread Red Seedless Grapes	18 Egg & Cheese on a Wheat Bagel Diced Peaches	19 Whole Grain Corn Muffin String Cheese Fresh Banana	20 Strawberry Scone Fresh Cut Strawberries
23 Assorted Cereal Non-Fat Yogurt Diced Pineapple	24 Whole Grain Berry Bread Fresh Florida Orange	25 Egg, Ham & Cheese on an English Muffin Mandarin Oranges	26 Fruit & Yogurt Parfait with Cinnamon Granola Annie's Bunny Grahams Apple Slices	27 Whole Wheat Mini Bagel with Cream Cheese Fresh Banana
30 Assorted Cereal Muffin (assorted selection) Diced Peaches	31 Whole Grain Pumpkin Bread Fresh Florida Orange	8 oz. low fat or fat-free milk and 100% fruit juice are offered <u>every day</u> with breakfast. REMINDER: Children qualifying for free or reduced-price lunch also qualify for free or reduced-price breakfast.		

The Application for Free & Reduced-Price Meals is available online at GrotonSchools.org

Menu items subject to change.