

BREAKFAST CAN HELP YOU ACHIEVE YOUR GOALS!

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!

NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 2 - MARCH 6!

Enjoy a HOT Chocolate with your breakfast, available every day.

Freshly Blended Smoothies served daily



HIGH SCHOOL BREAKFAST MENU



Breakfast Pricing

Full Price: \$1.75
 Reduced Price: \$0.30
 Milk Only: \$0.50
 Staff Breakfast: \$2.75

Mon	Tue	Wed	Thu	Fri
2 Assorted Cereal Non-Fat Yogurt Apple Slices	3 Whole Grain Lemon Bread Non-fat Yogurt Fresh Florida Orange	4 Chicken Bacon, Egg & Cheese on a Whole Wheat Ciabatta Roll Sliced Peaches	5 Assorted Cereal Non-Fat Yogurt Applesauce	6 Waffle Sticks with Chicken Sausage Links Fresh Banana
9 Assorted Cereal Non-Fat Yogurt Applesauce Cup	10 Steak, Egg & Cheese on a Croissant Fresh Strawberries	11 Freshly Baked Cinnamon Muffin Fresh Banana	12 Egg & Cheese on a Croissant Diced Pineapple	13 No School Today! Professional Development Day
16 Assorted Cereal Non-Fat Yogurt Fresh Apple	17 Freshly Baked Cinnamon Rolls Applesauce Cup	18 Ham, Egg & Cheese on an English Muffin Raisins	19 Chicken Sausage, Egg & Cheese on a Bagel Red Seedless Grapes	20 Freshly Baked Chocolate Chip Muffin Fresh Banana
23 Assorted Cereal Non-Fat Yogurt Applesauce Cup	24 Fruit & Yogurt Parfait with Cinnamon Granola Annie's Bunny Grahams Fresh Mac Apple	25 Ham, Egg & Cheese on an English Muffin Fresh Banana	26 Freshly Baked Blueberry Muffin Fresh Florida Orange	27 French Toast Sticks Non-Fat Yogurt Diced Peaches
30 Assorted Cereal Non-Fat Yogurt Applesauce Cup	31 Egg & Cheese on a Croissant Freshly Cut Strawberries	8 oz. low fat or fat-free milk and 100% fruit juice are offered every day 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.