

# APRIL

## ELEMENTARY SCHOOL MENU BREAKFAST



A full student breakfast includes grains, fruit, and a choice of milk.

Milk Choices include 1% white or fat free chocolate.



Student Breakfast: **FREE**  
Visitor/Staff Breakfast: **\$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>DAY 3</b> <b>1</b> <b>1. Homemade Chocolate Chip Muffin</b> <b>2. Lucky Charms Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Fruit Juice Choice of Milk	<b>DAY 4</b> <b>2</b> <b>1. Fruit &amp; Yogurt Parfait w/ Granola</b> <b>2. Cheerios Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Chilled Fruit Choice of Milk	<b>DAY 5</b> <b>3</b> <b>1. Sausage Breakfast Pizza</b> <b>2. Frosted Mini Wheats</b> Toast or Cinnamon Toast Fresh Fruit Fruit Juice Choice of Milk	<b>DAY 6</b> <b>4</b> <b>1. Fruit Frudel</b> <b>2. Apple Jacks Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk
	<b>DAY 1</b> <b>7</b> <b>1. French Toast Sticks</b> <b>2. Cheerios Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 2</b> <b>8</b> <b>1. Egg &amp; Sausage Breakfast Sandwich</b> <b>2. Cocoa Puffs Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Fruit Juice Choice of Milk	<b>DAY 3</b> <b>9</b> <b>1. Pancakes w/ Syrup</b> <b>2. Lucky Charms Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 4</b> <b>10</b> <b>1. Cinnamon Roll</b> <b>2. Apple Jacks Cereal</b> Toast or Cinnamon Toast Fresh Fruit Fruit Juice Choice of Milk
<b>DAY 6</b> <b>14</b> <b>1. French Toast Bites</b> <b>2. Cheerios Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 1</b> <b>15</b> <b>1. Double Chocolate Chip Muffin</b> <b>2. Cinnamon Chex Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Fruit Juice Choice of Milk	<b>DAY 2</b> <b>16</b> <b>1. Bagel w/ Cream Cheese</b> <b>2. Cocoa Puffs Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 3</b> <b>17</b> <b>1. French Toast Sticks</b> <b>2. Lucky Charms Cereal</b> Toast or Cinnamon Toast Fresh Fruit Fruit Juice Choice of Milk	<b>18</b> <p><b>NO SCHOOL TODAY</b></p> <p><b>ENJOY YOUR LONG WEEKEND!</b></p>
<b>21</b> <b>E-LEARNING DAY</b> 	<b>22</b> <b>NO SCHOOL TODAY!</b> 	<b>DAY 4</b> <b>23</b> <b>1. French Toast Sticks</b> <b>2. Cheerios Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 5</b> <b>24</b> <b>1. Fruit &amp; Yogurt Parfait w/ Granola</b> <b>2. Apple Jacks Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Fruit Juice Choice of Milk	<b>DAY 6</b> <b>25</b> <b>1. Fruit Frudel</b> <b>2. Frosted Mini Wheats</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk
<b>DAY 1</b> <b>28</b> <b>1. Sausage Breakfast Pizza</b> <b>2. Apple Jacks Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk	<b>DAY 2</b> <b>29</b> <b>1. Double Chocolate Chip Muffin</b> <b>2. Lucky Charms Cereal</b> Toast or Cinnamon Toast Fresh Fruit, Fruit Juice Choice of Milk	<b>DAY 3</b> <b>30</b> <b>1. French Toast Sticks</b> <b>2. Cocoa Puffs Cereal</b> Toast or Cinnamon Toast Fresh Fruit Chilled Fruit Choice of Milk		The Food Service Department is once again offering a free complete breakfast to ALL students every day before school. A complete breakfast consists of at least three food items, one of which must be a full serving (1/2 cup) of fruit.

<p>Choose <b>MyPlate.gov</b></p>	<p>*****</p> <p>For online personal wellness resources for you and your family, visit <b>ChooseMyPlate.gov</b></p>	<p><b>WISCONSIN School Breakfast PROGRAM</b></p>	<p><b>POWER UP! EAT SCHOOL BREAKFAST.</b></p>
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# BREAKFAST BITES

From your Friends  
in the Food Service Department



## April 16 is National Banana Day

- ✓ Bananas are rich in soluble fiber which has been shown to aid digestion and moderate blood sugar levels after meals.
- ✓ One medium banana provides 10% of the daily recommendation of potassium which may help to lower blood pressure. Research also shows that potassium contributes to kidney health.
- ✓ Bananas, like other fruits and veggies, contain antioxidants which are key to reducing the risk of heart disease and macular degeneration.
- ✓ The magnesium in bananas is an important mineral for heart health. Magnesium deficiency may increase the risk of heart disease.

source: healthline.com



### WHY DO WE PARTICIPATE?

More than 8 million children across the U.S. start their day with the School Breakfast Program, a Federal program that provides States with cash assistance for non-profit breakfast programs in schools. School breakfast is healthy, convenient and helps students do well in school. Research shows that eating breakfast leads to improved academic performance, focus and behavior.

source: dpi.wi.gov

## WHY IS BREAKFAST SO IMPORTANT?

- Breakfast kick-starts your metabolism.
- It promotes heart health while balancing blood sugar.
- Eating breakfast boosts energy levels.
- It encourages healthier eating and less snacking
- Breakfast increases brain stimulation and productivity.



source: medium.com

## What is a sheep's favorite fruit?



# BAAA-nanas



# ★ FREE!

This academic year, the district's Food Service Department is once again offering **FREE** breakfast to ALL students.



### CONTACT US:

715-345-5435

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## START YOUR DAY OFF RIGHT.



## EAT SCHOOL BREAKFAST.