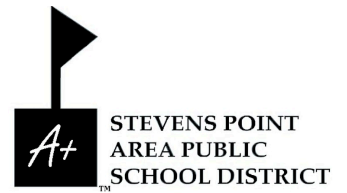


APRIL




JUNIOR HIGH SCHOOL BREAKFAST

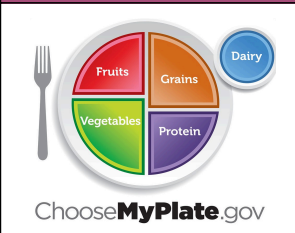


A full student breakfast includes grains, fruit, and a choice of milk.
Milk is available daily. Milk Choices include 1% white or fat free chocolate.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-----</p> <p>Daily Side Dish Options:</p> <ul style="list-style-type: none"> Assorted Fresh Fruit Chilled Fruit Whole Grain Toast Fruit Juice (when available) <p>-----</p>	<p>Entree Choices: 1</p> <ul style="list-style-type: none"> Sausage/Pancake on a Stick Blueberry Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch 	<p>Entree Choices: 2</p> <ul style="list-style-type: none"> Sausage/Pancake on a Stick Blueberry Muffin <p>LIMITED BREAKFAST OPTIONS DUE TO TESTING SCHEDULE</p>	<p>Entree Choices: 3</p> <ul style="list-style-type: none"> Sausage/Pancake on a Stick Chocolate Chip Muffin <p>LIMITED BREAKFAST OPTIONS DUE TO TESTING SCHEDULE</p>	<p>Entree Choices: 4</p> <ul style="list-style-type: none"> French Toast Sticks Sausage/Pancake on a Stick Blueberry Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch
<p>Entree Choices: 7</p> <ul style="list-style-type: none"> Bagel w/ Cream Cheese Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Apple Jacks Cereal 	<p>Entree Choices: 8</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Burrito Chocolate Chip Muffin Sausage Breakfast Pizza Cinnamon Chex Cereal Parfait w/ French Toast Bites 	<p>Entree Choices: 9</p> <ul style="list-style-type: none"> Cinnamon Roll Sausage/Pancake on a Stick Banana Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch 	<p>Entree Choices: 10</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Burrito Blueberry Muffin Sausage Breakfast Pizza Cocoa Puffs Cereal Parfait w/ French Toast Bites 	<p>Entree Choices: 11</p> <ul style="list-style-type: none"> Fruit Frudel Sausage/Pancake Sandwich Chocolate Chip Muffin Sausage Breakfast Pizza Apple Cinnamon Cheerios
<p>Entree Choices: 14</p> <ul style="list-style-type: none"> Bagel w/ Cream Cheese Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Apple Jacks Cereal 	<p>Entree Choices: 15</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Burrito Banana Muffin Sausage Breakfast Pizza Apple Cinnamon Cheerios Parfait w/ French Toast Bites 	<p>Entree Choices: 16</p> <ul style="list-style-type: none"> Fruit Frudel Sausage/Pancake on a Stick Chocolate Chip Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch 	<p>Entree Choices: 17</p> <ul style="list-style-type: none"> French Toast Sticks Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Cocoa Puffs Cereal Parfait w/ French Toast Bites 	<p>18</p>  <p>NO SCHOOL TODAY! ENJOY YOUR LONG WEEKEND!</p>
<p>21</p> 	<p>Entree Choices: 22</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Burrito Chocolate Chip Muffin Sausage Breakfast Pizza Apple Jacks Cereal Parfait w/ French Toast Bites 	<p>Entree Choices: 23</p> <ul style="list-style-type: none"> Cinnamon Roll Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Apple Cinnamon Cheerios 	<p>Entree Choices: 24</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Burrito Chocolate Chip Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch Parfait w/ French Toast Bites 	<p>Entree Choices: 25</p> <ul style="list-style-type: none"> Fruit Frudel Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Cocoa Puffs Cereal
<p>Entree Choices: 28</p> <ul style="list-style-type: none"> Bagel w/ Cream Cheese Sausage/Pancake Sandwich Blueberry Muffin Sausage Breakfast Pizza Apple Jacks Cereal 	<p>Entree Choices: 29</p> <ul style="list-style-type: none"> Cinnamon Roll Breakfast Burrito Chocolate Chip Muffin Sausage Breakfast Pizza Cinnamon Toast Crunch Parfait w/ French Toast Bites 	<p>Entree Choices: 30</p> <ul style="list-style-type: none"> Fruit Frudel Sausage/Pancake on a Stick Blueberry Muffin Sausage Breakfast Pizza Cocoa Puffs Cereal 		<p>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>



For online personal wellness resources for you and your family, visit **ChooseMyPlate.gov**



SCHOOL BREAKFAST
It's the perfect way to start your day!



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

foodservices@pointschools.net



START YOUR DAY OFF RIGHT.



EAT SCHOOL BREAKFAST.