

# LET'S HAVE BREAKFAST

# Summer School 2025 Breakfast Menu

## SUMMER SCHOOL



A complete student breakfast must consist of at least **THREE** food items.

At least one of the three items must be a 1/2-cup serving of fruit.



In addition to the daily entrée choices listed on the menu below, students will be offered fresh fruit, buttered toast, cinnamon toast and milk daily. Water is also available in every cafeteria.



Daily milk choices include:



1% white and fat free chocolate

## JUNE

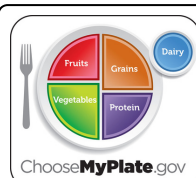


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> ① Cinnamon Toast Crunch Cereal ② Cocoa Puffs Cereal Chilled Fruit	<b>17</b> ① Pancakes w/ Syrup ② Cinnamon Toast Crunch Cereal Fruit Juice	<b>18</b> ① Bagel w/ Yogurt & String Cheese ② Lucky Charms Cereal Chilled Fruit	<b>19</b> ① Apple Frudel ② Corn Chex Cereal Fruit Juice	<b>20</b> ① Sausage Breakfast Pizza ② Cinnamon Chex Cereal Chilled Fruit
<b>23</b> ① French Toast Sticks ② Cocoa Puffs Cereal Chilled Fruit	<b>24</b> ① Breakfast Burrito ② Froot Loops Cereal Fruit Juice	<b>25</b> ① Sausage, Egg & Cheese Breakfast Sandwich ② Corn Chex Cereal Chilled Fruit	<b>26</b> ① Pancakes w/ Syrup ② Cinnamon Chex Cereal Fruit Juice	<b>27</b> ① Sausage Breakfast Pizza ② Lucky Charms Cereal Chilled Fruit

## JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7</b> ① Apple Frudel ② Cinnamon Chex Cereal Chilled Fruit	<b>8</b> ① Pancakes w/ Syrup ② Cheerios Cereal Fruit Juice	<b>9</b> ① Homemade Blueberry Muffin ② Froot Loops Cereal Chilled Fruit	<b>10</b> ① Sausage, Egg & Cheese Breakfast Sandwich ② Cocoa Puffs Cereal Fruit Juice	<b>11</b> ① Sausage Breakfast Pizza ② Cinnamon Toast Crunch Cereal Chilled Fruit
<b>14</b> ① French Toast Sticks ② Cocoa Puffs Cereal Chilled Fruit	<b>15</b> ① Bagel w/ Yogurt & String Cheese ② Cinnamon Toast Crunch Cereal Fruit Juice	<b>16</b> ① Cinnamon Roll ② Lucky Charms Cereal Chilled Fruit	<b>17</b> ① Pancakes w/ Syrup ② Corn Chex Cereal Fruit Juice	<b>18</b> ① Sausage Breakfast Pizza ② Cinnamon Chex Cereal Chilled Fruit



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

### SCHOOL BREAKFAST

## ROCKS!



### Free Summer School Meals for Children

Per the Summer Food Service Program (SFSP), school meals are free to any community member age 18 or younger.





## STRONGER WITH SCHOOL BREAKFAST

Kids who eat school breakfast start the day with:

- ✓ Half of the fruits they need for the entire day
- ✓ 40% of the dairy foods they need for the entire day
- ✓  $\frac{1}{3}$  of the whole grains they need for the entire day



source: Chartwells "Lots to Love about School Breakfast"

## TRY SOMETHING NEW (& HEALTHY)

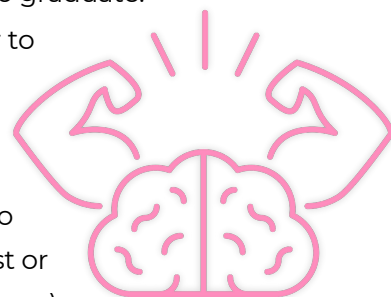
Let's face it - eating the same breakfast at home every day can get boring. School breakfast gives students the opportunity to try different foods than what they might get at home. We serve delicious foods that the kids like with the added benefit of superior nutrition. Our breakfast foods have been created specifically for schools and, by following strict USDA guidelines, are low in sugar and high in whole grains.



## BREAKFAST BOOSTS BRAIN POWER

Kids who eat breakfast achieve higher scores on standardized tests, have better attendance, and are more likely to graduate.

Eating breakfast closer to test-taking time has been proven to increase standardized test scores compared to those who skip breakfast or eat at home. (<https://frac.org>)



## CRAVING CONVENIENCE

Let us do the planning and serving!

Having your child eat breakfast at school saves you time on meal preparation, shopping and cleanup, and even lets kids sleep in a little longer.



*School breakfast can make your mornings a bit less hectic!*

## VISIT OUR WEBSITE FOR MORE FOOD SERVICE NEWS



Our recently updated website is a wealth of helpful information. Check out the latest menus and meal pricing, past and current events, parent resources, and get answers to a number of frequently asked questions.

[pointschools.net/departments/food-service](https://pointschools.net/departments/food-service)

**This institution is an equal opportunity provider.**



715-345-5435 (7 am - 3 pm)



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