

BREAKFAST

February 2014

Elementary Schools  tuesday

Breakfast in Schools: Reducing Childhood Obesity and Diabetes, the Children Who are Breakfast?
Cross-sectional & Longitudinal Observations in an inner-city School Sample. *Arch Pediatr Adolesc Med.* 1998

 wednesday  thursday  friday

Billville ISD offered daily. Menu items are subject to change due to availability of product.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
28				
24	25	26	27	



BREAKFAST

March 2014

Elementary Schools

Breakfast Fact

MyPlate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>



☘ monday

☘ tuesday

☘ wednesday

☘ thursday

☘ friday

YOGURT & GRIPS
OR
POP TARTS

3

MINI PANCAKES W/
SAUSAGE
OR
TOAST & SAUSAGE

4

BREAKFAST BAGEL
OR
GRANOLA BAR W/ BACON

5

CINNAMON ROLLS
OR
CEREAL & TOAST

6

EGG & SAUSAGE
BISCUIT
OR
POP TARTS

7

SPRING BREAK!!

10

SPRING BREAK!!

11

SPRING BREAK!!

12

SPRING BREAK!!

13

SPRING BREAK!!

14

FRENCH TOAST STICKS
OR
CEREAL & TOAST

17

BREAKFAST BURRITO
OR
SAUSAGE KOLACHE

18

CHICKEN PATTY BISCUIT
OR
PANCAKE

19

BREAKFAST PIZZA
OR
SAUSAGE BISCUIT

20

PANCAKE SAUSAGE
ROLL UP
OR
CEREAL & TOAST

21

JUMP START
OR
MUFFIN TOPS

24

CINNAMON ROLLS
OR
CEREAL & TOAST

25

YOGURT & GRIPZ
OR
CEREAL & TOAST

26

WAFFLE STICKS
OR
POP TARTS

27

SAUSAGE & CHEESE
KOLACHE
OR
CEREAL & TOAST

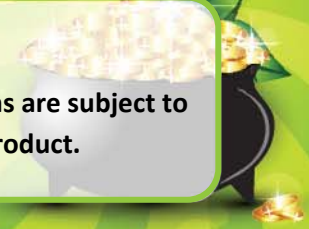
28

YOGURT & GRIPS
OR
POP TARTS

31

Bellville ISD

Milk and Juice offered daily. Menu items are subject to change due to availability of product.



BREAKFAST

April 2014

Elementary Schools

Nutrition Tip

Drink Water! Drink water instead of sugary drinks when you're thirsty. To maintain a healthy weight, sip water or other drinks with few or no calories.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



☘ monday

☘ tuesday

☘ wednesday

☘ thursday

☘ friday

1
MINI PANCAKES W/
SAUSAGE
OR
TOAST & SAUSAGE

2
BREAKFAST BAGEL
OR
GRANOLA BAR W/ BACON

3
CINNAMON ROLLS
OR
CEREAL & TOAST

4
EGG & SAUSAGE
BISCUIT
OR
POP TARTS

7
FRENCH TOAST STICKS
OR
CEREAL & TOAST

8
BREAKFAST BURRITO
OR
SAUSAGE KOLACHE

9
CHICKEN PATTY BISCUIT
OR
PANCAKE

10
BREAKFAST PIZZA
OR
SAUSAGE BISCUIT

11
PANCAKE SAUSAGE
ROLL UP
OR
CEREAL & TOAST

14
JUMP START
OR
MUFFIN TOPS

15
CINNAMON ROLLS
OR
CEREAL & TOAST

16
YOGURT & GRIPZ
OR
CEREAL & TOAST

17
HOLIDAY!!

18
HOLIDAY!!

21
YOGURT & GRIPS
OR
POP TARTS

22
MINI PANCAKES W/
SAUSAGE
OR
TOAST & SAUSAGE

23
BREAKFAST BAGEL
OR
GRANOLA BAR W/ BACON

24
CINNAMON ROLLS
OR
CEREAL & TOAST

25
EGG & SAUSAGE
BISCUIT
OR
POP TARTS

28
FRENCH TOAST STICKS
OR
CEREAL & TOAST

29
BREAKFAST BURRITO
OR
SAUSAGE KOLACHE

30
CHICKEN PATTY BISCUIT
OR
PANCAKE

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BREAKFAST

May 2014

ELEMENTARY

Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>.



✿ **monday**

✿ **tuesday**

✿ **wednesday**

✿ **thursday**

✿ **friday**

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May is National Physical Fitness and Sports Month

JUMP START
OR
MUFFIN TOPS

5

CINNAMON ROLLS
OR
CEREAL & TOAST

6

YOGURT & GRIPZ
OR
CEREAL & TOAST

7

WAFFLE STICKS
OR
POP TARTS

8

SAUSAGE & CHEESE
KOLACHE
OR
CEREAL & TOAST

9

YOGURT & GRIPS
OR
POP TARTS

12

MINI PANCAKES W/
SAUSAGE
OR
TOAST & SAUSAGE

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BISCUIT
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ROLL UP
OR
CEREAL & TOAST

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JUMP START
OR
MUFFIN TOPS

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CINNAMON ROLLS
OR
CEREAL & TOAST

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YOGURT & GRIPZ
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CEREAL & TOAST

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SAUSAGE & CHEESE
KOLACHE
OR
CEREAL & TOAST

30

BREAKFAST

June 2014

ELEMENTARY SCHOOL

Breakfast Fact

In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast.

Reference: Barton et al. *J Am Diet Assoc.* 2005.

✿ **monday**

YOGURT & GRIPS
OR
POP TARTS

2

✿ **tuesday**

MINI PANCAKES W/
SAUSAGE
OR
TOAST & SAUSAGE

3

✿ **wednesday**

BREAKFAST BAGEL
OR
GRANOLA BAR W/ BACON

4

✿ **thursday**

CINNAMON ROLLS
OR
CEREAL & TOAST

5

✿ **friday**

EGG & SAUSAGE
BISCUIT
OR
POP TARTS

6

9

10

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