

BREAKFAST

March 2014

High School

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

3

SAUSAGE KOLACHE

4

BISCUIT
W/CHICKEN PATTY

5

BREAKFAST BAGEL

6

BREAKFAST TACO

7

PANCAKE SAUSAGE
ROLL-UP

10

SPRING BREAK!!

11

SPRING BREAK!!

12

SPRING BREAK!!

13

SPRING BREAK!!

14

SPRING BREAK!!

17

BREAKFAST PIZZA

18

CHEESE OMELET
W/BISCUIT

19

BREAKFAST BURRITO

20

FRENCH TOAST
STICKS

21

S AUSAGE KOLACHE

24

MINI EGGO WAFFLES

25

BISCUIT W/EGG
PATTY SAUSAGE
PATTY

26

BLUEBERRY MINI
PANCAKES

27

HAM & CHEESE
CROISSANT

28

CINNAMON ROLL

31

SAUSAGE KOLACHE

**OFFERED DAILY: FRESH FRUIT, POP TARTS,
MUFFINS, HONEY BUN, DONUTS AND MILK OR
JUICE.
ITEMS ARE SUBJECT TO CHANGE DUE TO
AVAILABILITY**

BREAKFAST

April 2014

High School ~~Monday~~

🌸 tuesday

🌸 wednesday

🌸 thursday

🌸 friday

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



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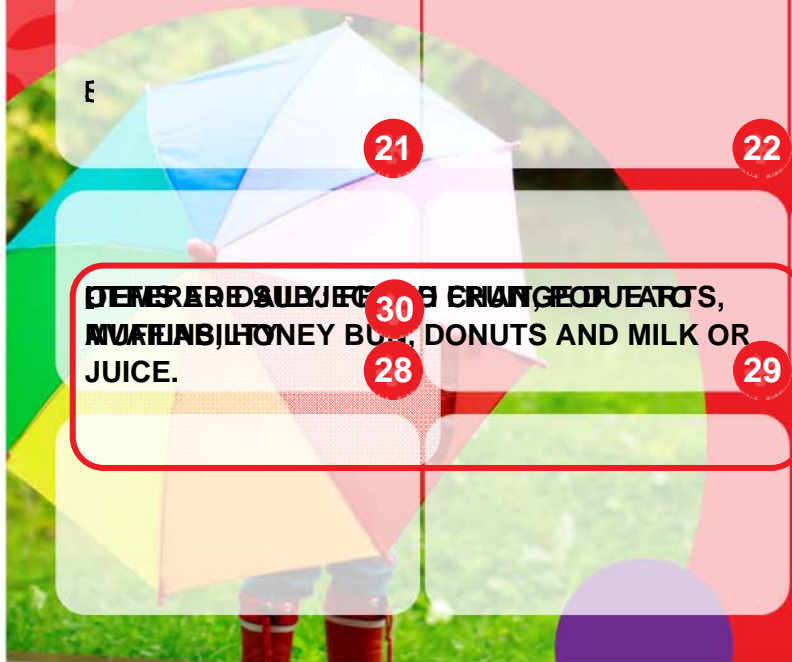
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DESSERTS SUBJECT TO CHANGE: PEARS, MARIAN BILLY HONEY BUTT, DONUTS AND MILK OR JUICE.

30 28 29



BREAKFAST

May 2014

HIGH SCHOOL

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

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✿ friday

BELLVILLE INDEPENDENT SCHOOL DISTRICT

*May is National Physical Fitness
and Sports Month*

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CINNAMON ROLL

BREAKFAST

June 2014

HIGH 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.

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W/CHICKEN PATTY

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EARLY RELEASE!!!
POP TARTS,
MUFFINS,
HONEY BUNS,
DONUTS,
MILK & JUICE

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MUFFINS,
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