

HS & MS BREAKFAST MENU

In New Richmond Schools all learners will experience...
A high quality, well rounded learning program

MEAL PRICING:

Breakfast Full Price	\$1.75
Reduced Breakfast Price	\$0.30
Milk Only	\$0.60

January-May 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NRHS offers a coffee bar available at breakfast for \$1.00 a cup	Please reference the Daily selections column	Biscuits & Gravy	MS BREAKFAST MENU	Research shows that students who skip breakfast have a shorter attention span and do not do	Biscuits & Gravy
Coffee price with the purchase of a breakfast is \$0.50	Breakfast improves student's speed and memory in cognitive tests	Biscuits & Gravy	NREVSD FSD can not guarantee potential allergens for food sensitive individuals	As well on tests. NR FS offers a nutritious breakfast every morning	Biscuits & Gravy
Breakfast contributes less than 20% of daily calories, but includes key vitamins & minerals	F& R applications may be filled out anytime during the school year	Biscuits & Gravy	Daily Fruit & Veggie Choices: Fresh Fruit Canned Fruit Sunny Sip Juice Canned Fruit	Our breakfast & lunch programs depends on participation from our customers	Biscuits & Gravy
Last day for students to charge will be April 30, 2018	This institution is an equal opportunity provided Menu subject to change	Biscuits & Gravy	Free lunch students also are eligible for Free Breakfast	Children who eat breakfast are more likely to stay alert	Biscuits & Gravy

All items listed will be offered daily

Bagels w/cream cheese
Donuts
French Toast
Pancakes
Pancake on a Stick
Muffins
Fruit & Yogurt
Parfaits
Pop tarts
Breakfast Sandwich
Breakfast Pizza
Breakfast Bars

Other Daily Selections:
Cereal

NREVSD is Passionate for Innovative Learning

NUTRITION BITES:

- Breakfast contributes less than 20% of daily calories, but includes key vitamins and minerals: calcium, vitamin D, iron, and B vitamins.¹
- The U.S. Dietary Guidelines recommends that Americans eat more whole grain. Cereal is one of the best ways to get the whole grain you need at breakfast
- Cereal is an important contributor to improved nutrient intake in food insecure children.²

BREAKFAST MENU