

New Richmond MS Breakfast Cycle Menu

Our breakfast program depends on student participation. Please consider purchasing a nutritious meal from our cafeterias. Free & Reduced applications may be filled out any time during the school year. If you qualify for Free or Reduced lunch you also qualify for Free or Reduced breakfast

MEAL PRICING:

| | |
|-------------------------|--------|
| Breakfast Full Price | \$1.85 |
| Reduced Breakfast Price | \$0.40 |
| Milk Only | \$0.60 |

BREAKFAST Menu

January-May 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|------------------|---|---|------------------|
| | Please reference the daily selections for breakfast choices | Biscuits & Gravy | MS Breakfast Menu | Approved Free or Reduced customers also qualify for Free or Reduced Breakfast | Biscuits & Gravy |
| | Research shows that students who skip breakfast have a shorter attention span and do not do as well on tests | Biscuits & Gravy | This institution is an equal opportunity provider | Free & Reduced applications may be filled out anytime during the school year | Biscuits & Gravy |
| | Students who eat breakfast are more likely to stay alert | Biscuits & Gravy | Childhood and adolescence are at a critical time for building up bone mass, yet three out of four kids do not get enough recommended amounts of calcium and vitamin D | Our Food Service depends on our customers participation | Biscuits & Gravy |
| | NREVSD can not guarantee potential allergens for food sensitive individuals | Biscuits & Gravy | Breakfast improves student's speed and memory in cognitive tests | Menu subject to change | Biscuits & Gravy |

OTHER DAILY SELECTIONS:

Assorted Cereal
Bowl Packs or
Cereal Bars Packs
Bagel w/cream
cheese
Breakfast Pizza
Breakfast
Sandwich
Donuts
French Toast
Muffins
Fruit & Yogurt
Parfaits
Pancakes
Pancake sausage
on a stick
Pop Tarts
Milk Choice 100%
Juice
Sunny Sip Juice
Fruit
Graham Crackers

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²