

New Richmond HS 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