

New Richmond MS Breakfast Menu

New Richmond High School breakfast program depends on participation from our customers

MEAL PRICING:

Breakfast Full Price \$1.85
 Reduced Breakfast Price \$0.30
 Milk Only \$0.60

BREAKFAST Menu

August-December 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Please reference the daily selections column for breakfast choices		MS Breakfast Menu		Approved free or reduced customers also qualify for free or reduced breakfast
	NRHS offers a coffee bar available at breakfast for \$1.00		This institution is an equal opportunity provider		Free & Reduced applications may be filled out anytime during the school year
	Coffee price with the purchase of a breakfast is \$0.50.		Menu subject to change due to product availability and /or inclement weather		NREVSD FSD can not guarantee potential allergens for food sensitive individuals
	Children who eat breakfast are more likely to stay alert		Breakfast improves student's speed and memory in cognitive tests		Research shows that students who skip breakfast have a shorter attention span and do not do as well on tests

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