

# Stanley G. Falk School Breakfast K-12

## August 2021

#FalkForward  
**Foodie  
 Corner**  
 (Recipes, Facts and Fun)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Pattern Requirements K-12</u></b>            (Weekly Minimums)  <b>Grains or M/MA Range = 9-10 G EQ</b>  <b>(2 Grains or 2 M/MA, or 1 of each per day)</b>  <b>100% of grains offered are whole grain rich</b>  <b>Fruit = 5 cups</b>  <b>Milk = 5 cups</b></p>				
<p><b>2</b>            Pop Tart &amp; Yogurt            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>3</b>            Mini Waffles            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>4</b>            Warm Bagel &amp; Topping            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>5</b>            Mini Cinnis            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>6</b>            Cereal &amp; Yogurt            100% Fruit Juice            Non or Low Fat Milk</p>
<p><b>9</b>            Cereal Bar &amp; Yogurt            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>10</b>            Warm Bagel &amp; Topping            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>11</b>            Mini Pancakes            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>12</b>            WG Cinnamon Roll            Fresh Fruit            100% Fruit Juice            Non or Low Fat Milk</p>	<p><b>13</b>  <b>Kitchen Choice</b></p>

### Nut Butter, Bananas, Chia Seeds



**Ingredients:**  
 1 Slice 100% Whole Wheat Bread (I used one that was 50 cal. per slice.)  
 1 Tbsp. Sunbutter  
 1/2 Medium Banana, Sliced  
 1/2 Tsp. Chia Seeds



Toast the bread and spread the sunbutter over the top.



Place banana slices over the sun butter and top it off with chia seeds.



Serve right away and enjoy!

Servings: 1 • Size: 1  
 Toast • Calories: 209.9 •  
 Fat: 9.6 g • Carb: 27.6 g •  
 Fiber: 5.1 g • Protein: 8.5 g  
 • Sugar: 9.7 g • Sodium:  
 175.8 mg

### #FalkForward Fitness Zone

Classroom Energizers! What are they....?????

Classroom energizers activate the brain, improve on-task behavior and leave students more focused and ready to learn. There are many fun and creative ways to include fitness breaks in the daily schedule, and many resources are available to help schools get started.

Check Out these sites for more information:

Go Noodle: [www.gonoodle.com](http://www.gonoodle.com)

Energizing Brain Breaks: [energizingbrainbreaks.com](http://energizingbrainbreaks.com)

Brain Gym: [braingym.org](http://braingym.org)

Yoga Kids: [yogakids.com](http://yogakids.com)