

AUGUST 2021

Crane R-3 Breakfast

Milk is offered daily with each meal
White is 1% and Flavored Fat Free

Menu subject to change without notice`

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>All students eat for free this school year.</i> Only complete meals are free	3 Why Eat Breakfast At School??	4 Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement!	5 To Develop Healthy Eating Habits...	6 ...Eat plenty of fruits, vegetables, and whole-grain products
9 Breakfast begins at 7:25 AM Students who only get a milk, will be charged.	10 ...Choose lean meats, poultry, fish, and beans for protein	11 ...Encourage your family to drink lots of water	12 ...Limit sugary drinks (including energy drinks)	13 ...Limit consumption of sugar and saturated fats
High School students will be offered a Grab & Go between 1 st & 2 nd periods inside the cafeteria	17 WELCOME	18 BACK	19 To	20 SCHOOL!!
23 <i>Go to bed early to be awake and ready to start the day at school refreshed</i>	24 Bagel w/ Cream Cheese Fruit	25 Oatmeal Toast Fruit	26 Pancake & Sausage on a Stick Syrup Fruit	27 Biscuits & Gravy Fruit
30 <i>Practice Good Handwashing!!</i>	31 Scrambled Eggs Toast Fruit			

This institution is an equal opportunity provider

Daily fruits will consist of either fresh, frozen or canned fruits or a combination of fruits

Cereal variety w/ Toast and Juice are offered daily for breakfast

NOTICE: Menu may also change as some foods may not be available