



# September 2019

## IOLA-SCANDINAVIA ELEMENTARY SCHOOL BREAKFAST MENU

### Kids Need Their Morning Meal

While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for long periods of time without food and this may create a lot of physical, intellectual, and behavioral problems for them. School breakfast continues to be a great value and a huge convenience for busy families too! Breakfast will be offered at the elementary school at a cost of \$1.50 daily. Your children may qualify for free meals or for reduced price meals. Breakfast will be offered free to Elementary students who qualify for free or reduced price meals.



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Labor Day – No School</b>	3 Smucker's Peanut Butter & Jelly Uncrustable Sandwich® Fruit & Fruit Juice Milk Choice	4 W/G Mini Waffles Fruit & Fruit Juice Milk Choice	5 Assorted W/G Cereal String Cheese Fruit & Fruit Juice Milk Choice	6 Egg Patty on a Wheat Bagel Fruit & Fruit Juice Milk Choice
9 Cereal Bar W/G Graham Snacks Fruit & Fruit Juice Milk Choice	10 Baked French Toast Sticks Fruit & Fruit Juice Milk Choice	11 Breakfast Pizza Fruit & Fruit Juice Milk Choice	12 W/G Cinni Mini Fruit & Fruit Juice Milk Choice	13 Cinnamon Wheat Toast Fruit & Fruit Juice Milk Choice
16 Pop Tart® Yogurt Fruit & Fruit Juice Milk Choice	17 Toasted Wheat Bagel String Cheese Fruit & Fruit Juice Milk Choice	18 Cheesy Omelet Assorted W/G Muffins Fruit & Fruit Juice Milk Choice	19 Assorted W/G Cereal Assorted W/G Muffins Fruit & Fruit Juice Milk Choice	20 W/G Mini Pancakes Fruit & Fruit Juice Milk Choice
23 Wheat Toast W/G Graham Snacks Fruit & Fruit Juice Milk Choice	24 Smucker's Peanut Butter & Jelly Uncrustable Sandwich® Fruit & Fruit Juice Milk Choice	25 W/G Mini Waffles Fruit & Fruit Juice Milk Choice	26 Assorted W/G Cereal String Cheese Fruit & Fruit Juice Milk Choice	 <b>Professional Development Day No School</b>
30 Cereal Bar W/G Graham Snacks Fruit & Fruit Juice Milk Choice				

Milk Choice of nonfat white, nonfat chocolate or 1% white milk included daily.

Fruit (1/2 cup) & Fruit Juice (1/2 cup) offered daily. An additional 1/2 cup serving of fruit or juice may be taken for a total of 1 cup daily.

Choices offered daily: W/G Muffin, String Cheese or Peanut Butter & Jelly Uncrustable W/G Sandwich.

☺ Menu items are subject to change without notice.

*This institution is an equal opportunity provider*