

BREAKFAST IN THE CLASSROOM for Winter Hill

March 2019

MONDAY

Free breakfast
is available for all
students every

4

Muffin with
Graham Crackers

11

Assorted Breads

18

Warm Cinnamon
Roll

25

Muffin with
Graham Crackers

TUESDAY

*"This institution is an
equal opportunity
employer."*

5

Bagelfuls

12

Cereal with
Graham Crackers

19

Bagelfuls

26

Cereal with
Graham Crackers

WEDNESDAY

6

Breakfast Bar

13

Wheat Bagel with
cream cheese

20

Breakfast Bar

27

Wheat Bagel with
cream cheese

THURSDAY

7

Egg and Cheese on
a Biscuit

14

Pancakes

21

Egg and Cheese on
a Biscuit

28

Pancakes

FRIDAY

1

8

Waffles

15

Yogurt and
Granola

22

Waffles

29

Yogurt and
Granola

FUEL UP with BREAKFAST!

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Studies show that students who eat school breakfast are more likely to: Reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert and maintain a healthy weight.

The National School Breakfast Week campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students.

