

BREAKFAST IN THE CLASSROOM for Winter Hill

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SCHOOL	2 Wheat Bagel with Cream Cheese	3 Pancakes	4 Yogurt and Granola
7 Muffin with Graham Crackers	8 Bagelfuls	9 Breakfast Bar	10 Pancakes	11 Waffles
14 Assorted Breakfast Breads	15 Cereal with Grahams	16 Wheat Bagel with cream cheese	17 Egg and Sausage on a Biscuit	18 Yogurt and Granola
21 NO SCHOOL	22 Bagelfuls	23 Breakfast Bar	24 Pancakes	25 Waffles
28 Warm Cinnamon Roll	29 Cereal with Grahams	30 Wheat Bagel with cream cheese	31 Pancakes	1 Yogurt and Granola

FUEL UP with BREAKFAST!

A bowl of cereal with milk for breakfasts seems like a good choice, right? Yes, one cup of milk provides eight grams of protein, but think about it: how often do we drink all the milk that accompanies our cereal? Protein digests more slowly than carbohydrates, so without ample amounts, you'll be hungry sooner rather than later. Not to mention the other benefits of drinking milk, like the calcium and Vitamin D. Challenge yourself this month to drink all your milk!



Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

Menu subject to change.