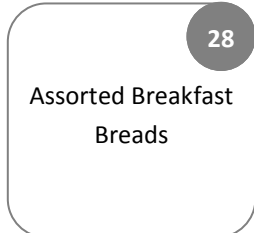
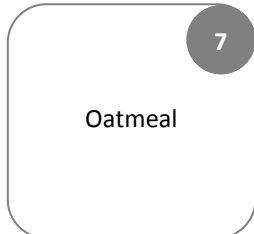
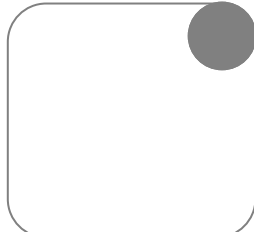


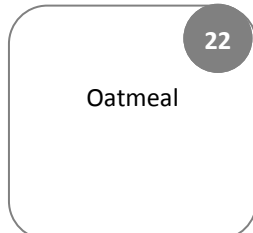
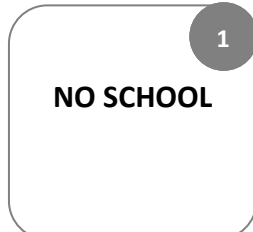
BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

JANUARY 2019

MONDAY



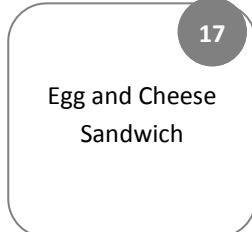
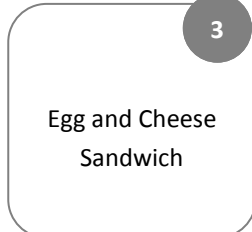
TUESDAY



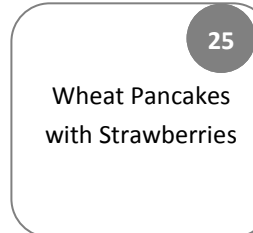
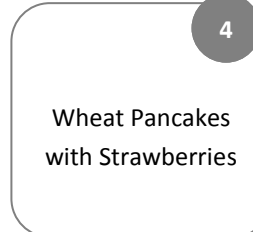
WEDNESDAY



THURSDAY



FRIDAY



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.