

# Irvine Unified School District

# June 2011

## Elementary Breakfast Menu



**Featured Fruits**

- Apples
- Bananas
- Oranges
- Kiwi
- Mandarin – Golden Nuggets
- Strawberries
- Tangelos

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Breakfast Bun Or Whole Grain Blueberry Muffin	Bagel-ful Or Whole Wheat Pancakes	Protein Pack Or Cinnamon French Toast	Bakery Fresh Cheese Roll Or Maple Waffle	Whole Wheat Uncrustables Or Bakery Fresh Cinnamon Roll

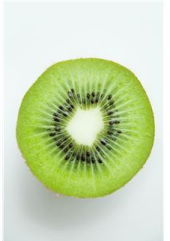
**Breakfast Meal Price \$2.00**

**Students may choose one entrée, milk and a side.**

**Sides include:** Fresh Fruit, 100% Juice, Canned Fruit or Raisins

**Offered Daily:** variety of reduced sugar, whole grain cereals and whole grain Pop-tart.  
**Cereal and Pop-Tarts are served with** *Jungle Cracker, Goldfish Crackers, Sunflower Seeds or String Cheese*

*⌘ Sunbutter Sandwiches will be served at designated peanut free schools and as substitutions for peanut allergies.*



**Breakfast is the most important meal of the day. We have all heard this before. Eating a balanced breakfast sets the tone for the rest of the day. The body has been fasting throughout the night and the brain needs energy to start the day. Studies have shown that children who eat breakfast do better in school. Studies have shown that student's that skip breakfast have more problems concentrating and have more behavioral problems than students that eat breakfast. Students who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis. Start the day off with a wholesome breakfast that includes different food groups including whole grains, lean protein, milk and fruit.**

**"This institution is an equal opportunity provider"**

**Breakfast is not available at all schools. Menu subject to change without notice.**