



IUSD NUTRITION SERVICES ELEMENTARY BREAKFAST MENU



ENTREES

(Choose 1)

BREAKFAST CINNAMON ROLL

Baked Fresh Daily in Our Own Bakery

or

BREAKFAST CHEESE ROLL

Baked Fresh Daily in Our Own Bakery

or

BAGEL-FULS

or

PB JELLY/UNCRUSTABLES

or



CEREAL or BROWN SUGAR POPTART with ONE of the choices below:

Following food items come with cereal or pop-tarts only

Jungle Crackers
Sunflower Kernels
Waffle Grahams



SIDE

(Choose 1)

FRESH FRUIT

or

JUICE



AND

MILK

(Choose 1)

1% White Milk or Non-fat Chocolate/White



BENEFITS OF BREAKFAST**

School Breakfast provides ¼ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day. Eating breakfast can help improve math, reading, and standardized test scores. Breakfast helps children pay attention; perform problem-solving tasks, and improves memory.

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not. Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight. Eating breakfast as a child is important for establishing healthy habits for later in life. By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.