

## May K-5 Breakfast Menu Cascade, Green Acres & Riverview

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin	Sausage Pancake on a Stick	Maple, Egg & Cheese Breadstick	Blueberry Pancake Sausage on a Stick	Cold Cereal
Cold Cereal	Yogurt	Oatmeal	Ultimate Breakfast Round	Benefit Bar
Breakfast Sausage	Sunrise Bite Cracker	String Cheese	String Cheese	String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Craisins		Raisins
	Juice 4 oz.		Juice 4 oz.	
Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.

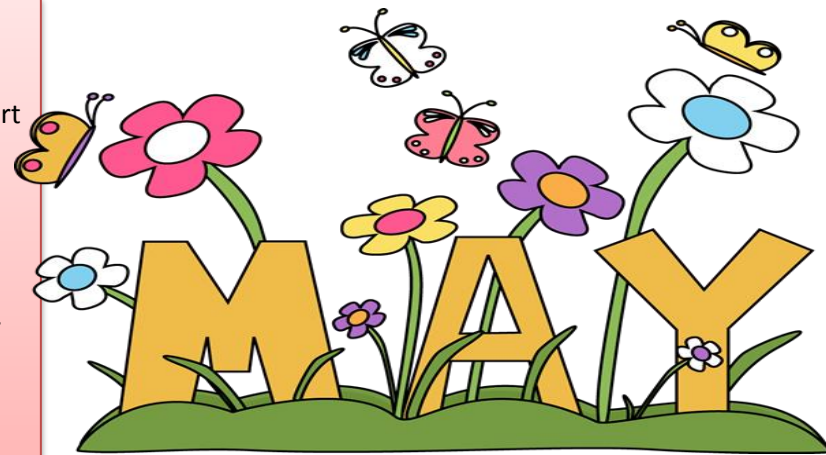
### Benefits of Breakfast for Learning. <sup>1 2</sup>

Eating breakfast gives your child the fuel he or she needs to start the day. It has been shown that students who eat breakfast regularly are more likely to have:

- Better behavior in school.
- Improved concentration, alertness, and attentiveness in class.
- Improved abilities to perform problem-solving tasks and better performance in standardized test.
- Fewer Absences and late arrivals.
- Improved Math, reading and memory scores.

<sup>1</sup> "Benefits of Breakfast" Energize your day with school breakfast tool kit. USDA 24 Jan 2014 Web 25 July 2014

<sup>2</sup> "Breakfast for Learning" Food Research and Action Center, Spring 2014. Web 25 July 2014



**Breakfast is free for  
all students!**

Menu subject to change.

This institution is an equal opportunity provider.