

Happy New Year!

January 2018

Ewing School Preschool Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 W. G. Cereal Bar Applesauce Milk	3 Sausage Patty Whole Grain Biscuit Mandarin Oranges Milk	4 W. G. Cinnamon Bun Medium Banana Milk	5 Whole Grain Muffin Pineapple Tidbits Milk
8 NO PRESCHOOL	9 W. G. Mini Pancakes SF Syrup Peaches Milk	10 W. G. Cereal Medium Banana Milk	11 Cheddar Omelet Whole Wheat Toast Mixed Fruit Milk	12 W. G. Chocolate Chip Oatmeal Bar Apple Slices Milk
15 	16 W. G. French Toast SF Syrup Mandarin Oranges Milk	17 Egg Patty Whole Wheat Toast Medium Banana Milk	18 Whole Grain Muffin 100% Fruit Juice Milk	19 W. G. Ring Donut Peaches Milk
22 NO PRESCHOOL	23 W. G. Cereal Bar Mixed Fruit Milk	24 Sausage Patty W. G. Biscuit 100% Fruit Juice Milk	25 W. G. Blueberry Waffles SF Syrup Medium Banana Milk	26 W. G. Cereal Applesauce Milk
29 NO PRESCHOOL	30 W. G. Cinnamon Bun Mandarin Oranges Milk	31 W. G. Cereal Medium Banana Milk		

Breakfast Matters!

Breakfast is often regarded as the most important meal of the day. Is there truth to that notion? Certainly! In fact, not only is it the most important meal of the day from a nutritional standpoint, there are many important academic, health and behavioral implications as well. The benefits of eating breakfast in school are well documented. Research shows that regularly eating breakfast can have significant positive implications for student behavior, academic achievement and school learning environments.

Good for the Mind

Children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Concentrate better
- Be more alert
- Retain more of what they learn
- Participate in class

Good for Schools

School breakfast is associated with:

- Reduced absenteeism
- Reduced tardiness
- Reduced behavior problems
- Reduced nurse's office visits
- Increased standardized test achievement scores
- Higher grades
- Positive learning environments

