

# Happy New Year!

## January 2019

### Ewing School Preschool Breakfast Menu

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
|  | <b>1</b><br> | <b>2</b><br>W. G. Cereal<br>Medium Banana<br>Milk                         | <b>3</b><br>W. G. Blueberry<br>Waffles<br>SF Syrup<br>Applesauce<br>Milk | <b>4</b><br>W. G. Muffin<br>Mandarin Oranges<br>Milk                     |
| <b>7</b><br>NO PRESCHOOL   | <b>8</b><br>Egg Patty<br>Whole Wheat Toast<br>Apple Slices<br>Milk                            | <b>9</b><br>W. G. Cereal<br>Medium Banana<br>Milk                         | <b>10</b><br>W. G. Cinnamon<br>Grahams<br>Mixed Fruit<br>Milk            | <b>11</b><br>W. G. Mini Pancakes<br>SF Syrup<br>Mandarin Oranges<br>Milk |
| <b>14</b><br>NO PRESCHOOL  | <b>15</b><br>W. G. French Toast<br>SF Syrup<br>Warm Cinnamon Apples<br>Milk                   | <b>16</b><br>Cheddar Omelet<br>Whole Wheat Toast<br>Medium Banana<br>Milk | <b>17</b><br>Whole Grain<br>Banana Bread<br>Mandarin Oranges<br>Milk     | <b>18</b><br>W. G. Cereal<br>100% Fruit Juice<br>Milk                    |
| <b>21</b><br><br>Martin Luther King, Jr. Day | <b>22</b><br>Sausage Patty<br>W. G. Biscuit<br>Diced Pears<br>Milk                            | <b>23</b><br>W. G. Cinnamon<br>Grahams<br>Medium Banana<br>Milk           | <b>24</b><br>W. G. Blueberry<br>Waffles<br>SF Syrup<br>Craisins<br>Milk  | <b>25</b><br>W. G. Muffin<br>100% Fruit Juice<br>Milk                    |
| <b>28</b><br>NO PRESCHOOL  | <b>29</b><br>Egg Patty<br>Whole Wheat Toast<br>Peaches<br>Milk                                | <b>30</b><br>W. G. Cereal<br>Medium Banana<br>Milk                        | <b>31</b><br>W. G. Cinnamon<br>Grahams<br>Mixed Fruit<br>Milk            |  |

\*\*Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.

#### 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

