



February 2018

Ewing School Preschool Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | | 1 W. G. Mini Pancakes SF Syrup Apple Slices Mixed Fruit Milk | 2 W. G. Chocolate Chip Oatmeal Bar 100% Fruit Juice Milk |
| 5 NO PRESCHOOL | 6 W. G. French Toast SF Syrup Mandarin Oranges Milk | 7 Egg Patty Whole Wheat Toast Medium Banana Milk | 8 Whole Grain Muffin Apple Slices Milk | 9 W. G. Ring Donut Peaches Milk |
| 12 NO PRESCHOOL | 13 W. G. Cereal Bar Mixed Fruit Milk | 14 Sausage Patty W. G. Biscuit Medium Banana Milk | 15 W. G. Blueberry Waffles SF Syrup Mandarin Oranges Milk | 16 PARENT-TEACHER CONFERENCES NO SCHOOL |
| 19  NO SCHOOL | 20 W. G. Cinnamon Bun Applesauce Milk | 21 W. G. Cereal Medium Banana Milk | 22 Cheddar Omelet Whole Wheat Toast Mixed Fruit Milk | 23 W. G. Chocolate Chip Oatmeal Bar Tropical Fruit Milk |
| 26 NO PRESCHOOL | 27 W. G. French Toast SF Syrup Mandarin Oranges Milk | 28 Egg Patty Whole Wheat Toast Medium Banana Milk | | |

NATIONAL WEAR RED DAY

February is Heart Disease Month and February 3rd is National Wear Red Day to help kick off the month, which is dedicated to help combat a disease that kills more women than all of the diseases combined. Wear red on the 3rd to show your support and raise awareness about heart health for women.



BREAKFAST LOGIC

Breakfast is a good thing! When students need to take achievement tests, schools strongly urge them to eat breakfast first on testing days. Why? Because we know that when students eat breakfast, they perform better and are better able to concentrate. Yet on “normal” days, many students fail to eat breakfast; they’re too busy, too tired, or just don’t know what to eat. Let’s help students to perform better every day, by making sure they eat a healthy breakfast at home or at school.