





# November 2018

## Ewing School Preschool Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Whole Grain Muffin Mixed Fruit Milk	2 Whole Grain Mini Pancakes SF Syrup Mandarin Oranges Milk
5  NO PRESCHOOL	6 Whole Grain French Toast SF Syrup Raisins Milk	7 Cheddar Omelet Whole Wheat Toast Medium Banana Milk	8 Whole Wheat Banana Bread Mandarin Oranges Milk	9  PARENT-TEACHER CONFERENCES  NO SCHOOL
12  NO SCHOOL	13 Sausage Patty Whole Grain Biscuit 100% Fruit Juice Milk	14 Whole Grain Chocolate Chip Oatmeal Bar Medium Banana Milk	15 Whole Grain Blueberry Waffles SF Syrup Applesauce Milk	16 W.G. Cereal Bar Mandarin Oranges Milk
19  NO PRESCHOOL	20 Egg Patty Whole Wheat Toast Applesauce Milk	21  THANKSGIVING BREAK NO SCHOOL	22  NO SCHOOL	23  THANKSGIVING BREAK NO SCHOOL
26  NO PRESCHOOL	27 Whole Grain French Toast SF Syrup Warm Cinnamon Apples Milk	28 Whole Grain Muffin Medium Banana Milk	29 Whole Wheat Banana Bread Mandarin Oranges Milk	30 Cheddar Omelet Whole Wheat Toast 100% Fruit Juice Milk

### **5 REASONS TO MAKE BREAKFAST WORK FOR YOU**

#### **1. YOU FOCUS BETTER**

When you're not watching the clock for lunchtime to come around you're listening and participating.

#### **2. YOU DO BETTER**

When you're paying attention you are learning and your grades will show it!

#### **3. YOU FEEL BETTER**

When you are energized and your stomach isn't growling from being empty, you don't feel tired and hungry. And because you are fueling up with vitamins and minerals, your body is stronger and healthier.

#### **4. YOU PLAY BETTER**

You snooze, you lose! A few extra minutes of sleep won't give you the energy boost as a good healthy breakfast.

#### **5. YOU CAN BREAK THE RULES!**

Forget about all of the "old" rules of a sit-down breakfast. There are lots of ways you can eat at home, on the go, or at school!

