


Happy New Year!

January 2018 Ewing School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 W. G. Pop Tart String Cheese Mixed Fruit 100% Fruit Juice Milk	3 Sausage Patty Whole Grain Biscuit Peaches Mandarin Oranges Milk	4 W. G. Cinnamon Bun Medium Banana 100% Fruit Juice Milk	5 Whole Grain Muffin Yogurt Pineapple Tidbits Craisins Milk
8 W. G. Cinnamon Raisin Bagel Mandarin Oranges 100% Fruit Juice Milk	9 W. G. Mini Pancakes SF Syrup Peaches Apple Slices Milk	10 W. G. Cereal Yogurt Medium Banana 100% Fruit Juice Milk	11 Cheddar Omelet Whole Wheat Toast Mixed Fruit 100% Fruit Juice Milk	12 W. G. Chocolate Chip Oatmeal Bar String Cheese Applesauce Tropical Fruit Milk
15 	16 W. G. French Toast SF Syrup Pineapple Tidbits Mandarin Oranges Milk	17 Egg Patty Whole Wheat Toast Medium Banana 100% Fruit Juice Milk	18 Whole Grain Muffin String Cheese Apple Slices 100% Fruit Juice Milk	19 W. G. Ring Donut Peaches 100% Fruit Juice Milk
22 W. G. Banana Chocolate Chip Bar Apple Slices 100% Fruit Juice Milk	23 W. G. Cereal Bar String Cheese Mixed Fruit Raisins Milk	24 Sausage Patty W. G. Biscuit Diced Pears Medium Banana Milk	25 W. G. Blueberry Waffles SF Syrup Mandarin Oranges 100% Fruit Juice Milk	26 W. G. Pop Tart Yogurt Applesauce 100% Fruit Juice Milk
29 Cheddar Omelet Whole Wheat Toast Peaches 100% Fruit Juice Milk	30 W. G. Cinnamon Bun Applesauce Mandarin Oranges Milk	31 W. G. Cereal Yogurt Medium Banana 100% Fruit Juice 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

