



February 2018

Ewing School 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 String Cheese 100% Fruit Juice Tropical Fruit Milk
5 W. G. Pop Tart Yogurt Applesauce 100% Fruit Juice Milk	6 W. G. French Toast SF Syrup Pineapple Tidbits Mandarin Oranges Milk	7 Egg Patty Whole Wheat Toast Medium Banana 100% Fruit Juice Milk	8 Whole Grain Muffin String Cheese Apple Slices 100% Fruit Juice Milk	9 W. G. Ring Donut Peaches 100% Fruit Juice Milk
12 W. G. Banana Chocolate Chip Bar Apple Slices 100% Fruit Juice Milk	13 W. G. Cereal Bar String Cheese Mixed Fruit Raisins Milk	14 Sausage Patty W. G. Biscuit Diced Pears Medium Banana Milk	15 W. G. Blueberry Waffles SF Syrup Mandarin Oranges 100% Fruit Juice Milk	16 PARENT-TEACHER CONFERENCES NO SCHOOL
19  NO SCHOOL	20 W. G. Cinnamon Bun Applesauce Mandarin Oranges Milk	21 W. G. Cereal Yogurt Medium Banana 100% Fruit Juice Milk	22 Cheddar Omelet Whole Wheat Toast Mixed Fruit 100% Fruit Juice Milk	23 W. G. Chocolate Chip Oatmeal Bar String Cheese Diced Pears Tropical Fruit Milk
26 W. G. Cinnamon Raisin Bagel Mixed Fruit 100% Fruit Juice Milk	27 W. G. French Toast SF Syrup Pineapple Tidbits Apple Slices Milk	28 Egg Patty Whole Wheat Toast Medium Banana 100% Fruit Juice 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.