





November 2018

Ewing School Breakfast Menu

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

