



Happy New Year!

January 2019

Ewing School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 W. G. Chocolate Chip Oatmeal Bar String Cheese Medium Banana 100% Fruit Juice Milk	3 W. G. Blueberry Waffles SF Syrup Applesauce Craisins Milk	4 W. G. Muffin String Cheese Mandarin Oranges 100% Fruit Juice Milk
7 W. G. Banana Chocolate Chip Bar Pineapple Tidbits 100% Fruit Juice Milk	8 Egg Patty Whole Wheat Toast Peaches Apple Slices Milk	9 W. G. Cereal Yogurt Medium Banana 100% Fruit Juice Milk	10 W. G. Pop Tart String Cheese Mixed Fruit 100% Fruit Juice Milk	11 W. G. Mini Pancakes SF Syrup Mandarin Oranges Applesauce Milk
14 W. G. Ring Donut Mixed Fruit 100% Fruit Juice Milk	15 W. G. French Toast SF Syrup Warm Cinnamon Apples Raisins Milk	16 Cheddar Omelet Whole Wheat Toast Medium Banana 100% Fruit Juice Milk	17 Whole Grain Banana Bread Mixed Berries Mandarin Oranges Milk	18 W. G. Cereal Bar String Cheese Apple Slices 100% Fruit Juice Milk
21 	22 Sausage Patty W. G. Biscuit Diced Pears Tropical Fruit Milk	23 W. G. Chocolate Chip Oatmeal Bar String Cheese Medium Banana 100% Fruit Juice Milk	24 W. G. Blueberry Waffles SF Syrup Applesauce Craisins Milk	25 W. G. Muffin String Cheese Mandarin Oranges 100% Fruit Juice Milk
28 W. G. Cinnamon Bun Diced Pears 100% Fruit Juice Milk	29 Egg Patty Whole Wheat Toast Peaches Apple Slices Milk	30 W. G. Cereal Yogurt Medium Banana 100% Fruit Juice Milk	31 W. G. Pop Tart String Cheese Mixed Fruit 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



**Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a

light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.