

2009-2010

College View, Lake View, Oak View, Star View, Sun View, and Westmont

**BREAKFAST MENU**

*All students, including those eligible for lower priced and free meals through the National School Lunch program may select items served daily in the cafeteria. One hot item or cereal/graham crackers is available every day.*

**MONDAY**

Pancakes  
Waffles

**TUESDAY**

Breakfast Pizza  
Egg Muffin Sandwich

**WEDNESDAY**

Buns, Rolls,  
Donuts, Muffins

**THURSDAY**

Egg Burrito, Tac-Go,  
Sunrise Stick

**FRIDAY**

Pancake on a Stick  
French Toast

**Menu Pricing**

*Breakfast:* \$1.25  
*Reduced Breakfast:* \$.30  
*Adult Breakfast:* \$2.00  
*Milk:* \$.35

**EATING A NUTRITIONALLY ADEQUATE BREAKFAST MAY:**

- Enhance children's learning ability
- Promote concentration and creativity
- Improve a child's attitude
- Help to develop desirable eating habits
- Provide a nutrition education learning experience
- Reduce disciplinary problems
- Help children to be more cooperative and attentive
- Improve attendance
- Increase intake of Vitamin C, Calcium, Iron and Fiber.

Through the School Breakfast Program, parents and teacher can help children attain their potential, both mentally and physically.

**Weekly Nutritional Analysis**

Nutrient	Menu Average	RDA
<b>Calories</b>	473	483
<b>Cholesterol (Mg)</b>	24	75
<b>Sodium (Mg)</b>	461	825
<b>Iron (Mg)</b>	3.34	2.5
<b>Vit. C (Mg)</b>	52.28	11.25
<b>Total Fat (%)</b>	7.69%	<30%>
<b>Saturated Fat (%)</b>	2.54%	<10.0

**BREAKFAST** is important. On the average, 12 hours separate the evening and morning meals. If a child does not eat breakfast he or she must wait for four more hours before it is time for lunch.

Children who are hungry may find it difficult to concentrate, stay alert and learn. In many schools the basic academic subjects – math, reading and writing, - are taught in the morning.

Students require essential nutrients and enough energy to concentrate and accomplish learning task. Children who eat breakfast are more likely to have more energy and to participate in physical activities.

The School Breakfast Program provides nutritious, low cost meals to children.