

Lawrence Elementary School Breakfast Menu

February 2012

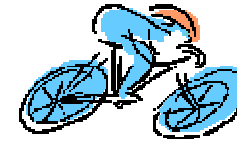


www.ggusd.us
Food Services

Student Price: \$1.25
Reduced Price: \$0.30
Adult/Sibling: \$2.00
Student Milk: \$0.50
Adult/Sibling Milk: \$0.55



All Meals are served with choices of Fresh Fruit and Vegetable Basket, Orange or Pineapple Juice and 1% white Milk or Non-Fat Chocolate Milk are offered daily.
Reduced Sugar Cereal is Offered Daily with Whole Grain Crackers or String Cheese.



		1 ChocChip Flavored Snack'n Waffle**	2 Whole Wheat Apple/Blueberry Loaf**	3 NON STUDENT DAY
6 Whole Wheat Cinnamon Roll**	7 Watermelon Yogurt Yogurt with Whole Grain Chocolate Belly Bear Crackers**	8 Pan Dulce**	9 Banana Chocolate Chip Breakfast Bar**	10 Peanut Butter & Jelly Uncrustables**
13 Lincoln's Birthday Holiday 	14 Breakfast Bread with String Cheese	15 Whole Wheat Blueberry Loaf**	16 Raspberry/Peach Yogurt with Cinnamon Toast Crunch Snack	17 Blueberry Flavored Snack'n Waffle**
20 Presidents' Day Holiday 	21 Oatmeal Chocolate Chip Breakfast Bar**	22 Peanut Butter & Jelly Uncrustables**	23 Watermelon Yogurt Yogurt with Whole Grain Chocolate Belly Bear Crackers**	24 Whole Wheat Cinnamon Roll**
27 Whole Wheat Apple/Cinnamon Loaf**	28 ChocChip Flavored Snack'n Waffle**	29 Raspberry/Peach Yogurt with Whole Grain Chocolate Belly Bear Crackers**		

Aim for A Healthier Weight

Every year, millions of Americans make the New Years' resolution that this will be the year that they lose weight.. and often, by the end of the month, that resolution has tone out the window. But, why is this so? Why is it so difficult to lose weight, especially in the winter? Let's consider how your metabolism acts in the winter and how this affects weight loss. While most of us understand that the metabolism is the part of the body that burns food: It also is essential to make sure the body is running efficiently. During cold weather, our metabolism is what helps to keep us warm. Without it, our core temperature would drop, and we would begin to suffer from hypothermia! By working harder, the metabolism is burning more calories.

The science behind the question dictates that we should actually lose weight during winter months. Our metabolism is revived, and is burning more calories than in warmer months. However, our inability to maintain our physical activity level results in fewer calories being burned, and more pounds being packed on. Find a way to get exercise every day, no matter what. It will help you maintain your weight loss goals !!!

**Most grain products are either whole grain or 51% whole wheat.
*Food contains pork Some foods may contain soy, for more information, please contact the Food Service Office.