

Breakfast Menu



Breakfast is only \$1.50 and includes the following healthy choices:

Available Everyday Protein (examples include breakfast sandwiches, yogurt and cheese sticks) • Whole Grain Breads, Fruit, Fruit Juice and Milk (low fat or fat free)

Pre-K students who have breakfast in their classrooms are provided a pre-bagged breakfast.



Day	JANUARY Breakfast Entrees	
WED 1	Schools Closed	
THURS 2	Cheese Stick & MJM Graham Crackers	
FRI 3	Muffin	
MON 6	Ultimate Breakfast Round	
TUES 7	Yogurt & Mini Muffin	
WED 8	Breakfast Sliders	
THURS 9	Cheese Stick & Goldfish Grahams	
FRI 10	Benefit Bar	
MON 13	Muffin	
TUES 14	Yogurt & Elf Graham Crackers	
WED 15	Egg, Bacon & Cheese Stick	
THURS 16	Cheese Stick & Mini Loaf	
FRI 17	Sweet Potato Roll	
MON 20	Schools Closed	
TUES 21	Yogurt & Goldfish Grahams	
WED 22	French Toast Sticks	
THURS 23	Cheese Stick & Mini Muffin	
FRI 24	Breakfast Bread	
MON 27	Sweet Potato Roll	
TUES 28	Yogurt & Elf Graham Crackers	
WED 29	Breakfast Sliders	
THURS 30	Schools Closed	
FRI 31	Raspberry & Cream Cheese Bar	

How does school breakfast help students & families?



Fuels students for learning

Children can concentrate on their schoolwork better when they're not hungry. Studies show that students do better in school when they eat breakfast.



Improves attendance, encourages healthy lifestyles and provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron and other nutrients. Reduces visits to the school nurse.



Saves time for families by offering healthy breakfast at school

School Breakfast can simplify mornings for families by offering students healthy options that fit into their schedules.

Interested in a few hours of work? Come join our team!

Apply on line at www.aacps.org

Click – Join Our Team

Click – APPLY NOW then select – Support Staff School-Based

Search – (type in Food) then Click on:

Temporary Food Service Worker 1 (Substitute)

Day	FEBRUARY Breakfast Entrees	
MON 3	Benefit Bar	
TUES 4	Yogurt & Mini Loaf	
WED 5	Pancake Wrap	
THURS 6	Cheese Stick & MJM Graham Crackers	
FRI 7	Muffin	
MON 10	Ultimate Breakfast Round	
TUES 11	Yogurt & Mini Muffin	
WED 12	Breakfast Sliders	
THURS 13	Cheese Stick & Goldfish Grahams	
FRI 14	Benefit Bar #iLoveMMFA	
MON 17	Schools Closed	
TUES 18	Yogurt & Elf Graham Crackers	
WED 19	Egg, Bacon & Cheese Stick	
THURS 20	Cheese Stick & Mini Loaf	
FRI 21	Sweet Potato Roll	
MON 24	Benefit Bar	
TUES 25	Yogurt & Goldfish Grahams	
WED 26	French Toast Sticks	
THURS 27	Cheese Stick & Mini Muffin	
FRI 28	Breakfast Bread	