



The Healthy Kids Lunchroom

March 2018

Top 10 Reasons to Eat Breakfast at School

1. **Save Time in the Morning**

Eating breakfast at school allows you to save time in the morning and let your kids sleep in a little bit longer.

2. **Healthier Kids**

Research shows students who eat breakfast make less trips to the school nurse and miss fewer days of school.

3. **Stay Full All Day**

People who skip breakfast are more likely to eat extra calories throughout the day.

4. **Lower Your Risk of Diabetes**

According to the American Heart Association, people who eat breakfast are significantly less likely to develop diabetes than people who skip breakfast.

5. **Maintain A Healthy Weight**

A study by the National Weight Control Registry shows that eating breakfast helps people control their weight.

6. **Enhanced Memory**

According to experts, eating breakfast improves memory and learning.

7. **Improved Test Scores**

According to the USDA, eating breakfast can help improve math, reading, and standardized test scores.

8. **Enhanced Concentration**

According to the Academy of Nutrition and Dietetics, people who eat breakfast are better able to concentrate throughout the day.

9. **Exercise Better**

Researchers believe that people who eat breakfast have higher energy levels as well as more strength and endurance to engage in physical activity.

10. **Better Nutrition**

Studies have also shown that kids who eat breakfast consume more vitamins, minerals, and fiber throughout the day.



**ELMIRA HIGH SCHOOL
GRADES 10th-12th**



2018

Available Daily

- Baked Crispy Chicken Sandwich
- Asst. Pizza
- Asst. Deli Sandwiches
- Asst. Deli Subs
- PBJ Sandwich
- Yogurt w/Bagel
- Chef Salad w/Bagel**
- Vegetarian Chef Salad w/Bagel**
- Tossed Salad**
- Fresh Vegetables**
- *Fresh Baby Carrots***
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Low Fat Milk

- PRICING**
- Breakfast and Lunch \$0.00
 - PK-12th: 2nd B-fast Entree \$1.35
 - PK-7th: 2nd Lunch Entree \$1.30
 - 8th-12th: 2nd Lunch Entree \$1.70
 - Milk/Ala Carte Side \$0.75
 - Snacks \$.50-\$1.30
- Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE MEAL, or student will be charged ala carte for each item on their tray.**

BREAKFAST MENU

- MONDAY:** Mini Pancakes
- TUESDAY:** Breakfast Pizza
- WEDNESDAY:** French Toast Sticks
- THURSDAY:** Breakfast on a Stick
- FRIDAY:** Mini Waffles
- DAILY OPTIONS:** Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Oatmeal Bar, Yogurt, Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached by phone or email. kcrouse@gstboces.org 735-3236</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>		<p>¹ Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Sweet Potato Fries</p>	<p>² Sloppy Joe on a Roll Green Beans</p>
<p>⁵ Chicken Smackers w/Dinner Roll Buffalo Wrap Golden Sweet Corn</p>	<p>⁶ Meat or Bean Taco w/Mexican Rice Chicken BLT Salad w/Bagel Refried Beans Fresh Cucumber Slices</p>	<p>⁷ Chicken Teriyaki w/Rice Egg Salad Sandwich Steamed Broccoli Florets</p>	<p>⁸ Bacon Cheeseburger on a Roll Chicken Fajita Salad Carrot Coins</p>	<p>CONFERENCE DAY NO SCHOOL</p>
<p>School Breakfast Week is March 5th - 9th!! Come Check out what your school cafeteria has to offer!!</p>				
<p>¹² Herb Roasted Chicken w/Dinner Rolls Turkey Club Sub Oven Fries</p>	<p>¹³ Meat or Bean Nacho Grande w/Seasoned Rice Chicken Caesar Salad w/Bagel Refried Beans Fresh Pepper Strips</p>	<p>¹⁴ Chicken Alfredo w/Bread Tuna Salad Sandwich Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>¹⁵ Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Sweet Potato Fries</p>	<p>¹⁶ Baked Mozzarella Sticks w/Pasta & Marinara Sauce Chicken Ranch Wrap Green Beans</p>
<p>¹⁹ Philly Cheese Steak Sub Golden Sweet Corn</p>	<p>²⁰ Meat or Bean Walking Taco w/Mexican Rice Chicken BLT Salad w/Bagel Refried Beans Fresh Cucumber Slices</p>	<p>²¹ Chicken & Orange Sauce w/Rice Sausage Breakfast Sandwich Steamed Broccoli Florets</p>	<p>²² Turkey & Gravy w/Bread Mashed Potatoes w/Gravy Carrot Coins</p>	<p>²³ Crispy Fish Filet Sandwich BBQ Pork Rib on a Roll Green Beans</p>
<p>²⁶ Authentic North Carolina Pulled Pork Sandwich Oven Fries</p>	<p>²⁷ Chicken Soft Taco w/Seasoned Rice Chicken Caesar Salad w/Bagel Refried Beans Fresh Pepper Strips</p>	<p>²⁸ Pasta w/Meatsballs Pasta w/Marinara Sauce & Cheese Italian Meatball Sub Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>²⁹ Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Sweet Potato Fries</p>	<p>NO SCHOOL</p>