

February 2017

Step Ahead Breakfast - Snack

BREAKFAST

School Information: Juice, Fruit and Milk are offered with Breakfast. All grains served at Breakfast are whole grain rich.

**AM/PM Snack served w/Milk

****(Fresh Fruit/Vegetable Program)**** snack of the day.

Encourage your child to try a new fruit/vegetable when offered.



Nutrition Tip: Eating a healthy breakfast helps kids stay focused and ready to learn. Eating breakfast cuts down on behavior issues and fewer trips to the school nurse for headaches and tummy aches.

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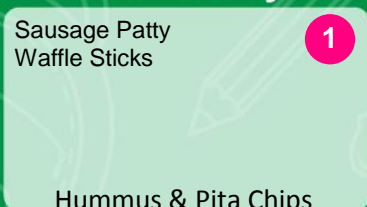
Monday



Tuesday



Wednesday



Thursday



Friday

