



BREAKFAST PRICES:

Elementary	\$1.20
Middle	\$1.30
High	\$1.30
Adult	\$1.80

APRIL 2014

Broward County Food and Nutrition

Breakfast



Fuel the FCAT

No time to eat breakfast! When children and adolescents miss meals, learning suffers. This can impact scores on standardized tests such as the FCAT.

Good nutrition promotes learning readiness. The American Dietetic Association, in their Position Statement about child nutrition programs, reports that nutrition improves performance as well as decreases discipline and emotional problems.

Breakfast is critical to academic success. Specifically, breakfast influences performance at mental tasks that require students to "remember" what they learned. Research has shown that not eating breakfast impairs a student's recall ability. Other studies demonstrate increased math and reading scores when students eat breakfast.

Breakfast is available every day in each school in Broward County at a nominal cost. Children who are eligible for free or reduced price meals are eligible for this benefit at breakfast. So be sure your child eats breakfast each day and *Fuel the FCAT*.



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Parents are encouraged to prepay for student meals at link: <https://www.schoolpaymentsolutions.com/>

Low fat and fat free milk served daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Chicken Patty & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Applesauce Chilled Pears	2 Sausage Wrapped Pancake Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad	3 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit	4 Cinni Mini Buns Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Apricots Dried Strawberry Flavored Cranberries
7 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Peaches	8 Fluffy Scrambled Eggs W/Grits & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Pears Fresh Fruit	9 Mini Blueberry Waffles Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad	10 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit	11 Breakfast Bar & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Applesauce Dried Strawberry Flavored Cranberries
14 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Peaches	15 Baked Chicken Patty & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Pears Fresh Fruit	16 Sausage Wrapped Pancake Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad	17 Cinni Mini Buns Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Applesauce Dried Strawberry Flavored Cranberries	18 NO SCHOOL 
21 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Peaches	22 Baked Chicken Patty & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Applesauce Fresh Fruit	23 Mini Blueberry Waffles Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad	24 Sausage Patty Chicken & Biscuits Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit	25 Breakfast Bar & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Pears Dried Strawberry Flavored Cranberries
28 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Pineapple Chilled Peaches	29 Baked Chicken Patty & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Applesauce Chilled Pears	30 Sausage Wrapped Pancake Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad	Menu subject to change due to availability.	