



BREAKFAST PRICES:

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

May 2014

Broward County Food and Nutrition

Breakfast




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

HOW TO READ NUTRITION LABELS

Knowing how to read a nutrition label will allow you to make the best food choices for you and your family. First, check if the serving per container matches what you plan to offer as a serving size. Second, look at the daily value of each nutrient listed, this compares the nutrient content in 1 serving with the amount you need daily. **Other things to look for:** products lower in saturated fats, trans fats, cholesterol, sodium (salt) and higher in potassium, fiber, vitamin A and C, Calcium, iron. Avoid products which contain trans-fats, limit products with ingredients that you cannot pronounce/do not know what they are and stick to the natural products with the least amount of ingredients.



Low fat and fat free milk served daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>5 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Pineapple</p>	<p>6 Fluffy Scrambled Eggs W/Grits & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Applesauce Fresh Fruit</p>	<p>7 Mini Blueberry Waffles Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad</p>	<p>1 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit</p>	<p>2 Cinni Mini Buns Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Apricots Dried Strawberry Flavored Cranberries</p>
<p>12 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Pineapple</p>	<p>13 Baked Chicken Patty & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Apricots Fresh Fruit</p>	<p>14 Sausage Wrapped Pancake Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad</p>	<p>8 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit</p>	<p>9 Breakfast Bar & Biscuit Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Applesauce Dried Strawberry Flavored Cranberries</p>
<p>19 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Apple Juice Chilled Pineapple</p>	<p>20 Baked Chicken Patty & Biscuit Hard Boiled Egg & Biscuit Assorted Cereals & Biscuit Yogurt Parfait & Biscuit Chilled Applesauce Fresh Fruit</p>	<p>21 Mini Blueberry Waffles Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice Chilled Tropical Fruit Salad</p>	<p>22 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns Fresh Fruit</p>	<p>23 NO SCHOOL</p>
<p>26 NO SCHOOL </p>	<p>27 French Toast Sticks Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Applesauce</p>	<p>28 Sausage Wrapped Pancake Assorted Cereals & Biscuit Yogurt & Biscuit Florida Orange Juice</p>	<p>29 Sausage Patty Chicken & Biscuits Assorted Cereals & Biscuit Yogurt & Biscuit Crispy Baked Hash Browns</p>	<p>30 Cinni Mini Buns Assorted Cereals & Biscuit Yogurt & Biscuit Chilled Apricots</p>