

West Burlington Jr/Sr High

MEAL PRICING:

Breakfast Full Price	\$1.70
Reduced Breakfast Price	.40
Milk only	.50

BREAKFAST Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pizza Cereal & toast Cereal & yogurt	Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast	Pizza Cereal & toast Cereal & yogurt	Biscuit & gravy Breakfast sandwich Cereal & toast	Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast
2	Pizza Cereal & toast Cereal & yogurt	Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast	Pizza Cereal & toast Cereal & yogurt	Biscuit & gravy Breakfast sandwich Cereal & toast	Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast
3	Pizza Cereal & toast Cereal & yogurt	Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast	Pizza Cereal & toast Cereal & yogurt	Biscuit & gravy Breakfast sandwich Cereal & toast	Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast
4	Pizza Cereal & toast Cereal & yogurt	Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast	Pizza Cereal & toast Cereal & yogurt	Biscuit & gravy Breakfast sandwich Cereal & toast	Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast

Drinks

100% Fruit juice
Apple
Grape
Orange

Milk

Chocolate
Skim
1 %

NUTRITION BITES:

- Dairy provides 74% of the vitamin D in young children's diets¹
- More than half of whole grains are eaten at breakfast²
- Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems. Breakfast also tends to help kids stay alert^{3,4,5}

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. Dairy Research Institute™. NHANES 2009-10.
2. NDP Group, Whole Grains by Eating Occasion, 2006-2011; May 2011.
3. Murphy JM et al. The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and Longitudinal Observations in an inner-city School Sample. Arch Pediatr Adolesc Med 1998;152:899-907.
4. Wahlstrom KL and Begalle MS. More than test scores: Results of the universal school breakfast pilot in Minnesota. Top Clin Nutr 1999;(1):17-29.
5. Wesnes KA et al. Breakfast reduces declines in attention and memory over the morning in schoolchildren. Appetite 2003;41:329-331.