



A COMPLETE BREAKFAST WILL FUEL YOUR DAY!

You can choose all 4 components for optimal health and maximum energy!

The components include: MILK, FRUIT & 2 GRAINS

REMEMBER: Put at least 2 full components & 1/2 cup fruit on your tray for optimal nutrition!

Quincy School Nutrition Breakfast Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREAL VARIETY BREAKFAST BREAK	SPECIAL HOT BREAKFAST DAY! CINNAMON FLAVORED MINI PANCAKES or FRENCH TOAST STICKS	CEREAL VARIETY BREAKFAST BREAK	CEREAL VARIETY BREAKFAST BREAK	CEREAL VARIETY BREAKFAST BREAK
OR		OR	OR	OR
MUFFIN VARIETY BREAKFAST BREAK	CEREAL VARIETY BREAKFAST BREAK	MUFFIN VARIETY BREAKFAST BREAK	MUFFIN VARIETY BREAKFAST BREAK	MUFFIN VARIETY BREAKFAST BREAK
OR	OR	OR	OR	OR
CEREAL BAR BREAKFAST BREAK	MUFFIN VARIETY BREAKFAST BREAK	CEREAL BAR BREAKFAST BREAK	CEREAL BAR BREAKFAST BREAK	CEREAL BAR BREAKFAST BREAK
	OR			
CHOICE OF: SKIM MILK PLAIN SKIM MILK CHOCOLATE 1% MILK PLAIN	OR CEREAL BAR BREAKFAST BREAK CHOICE OF: SKIM MILK PLAIN SKIM MILK CHOCOLATE 1% MILK PLAIN	CHOICE OF: SKIM MILK PLAIN SKIM MILK CHOCOLATE 1% MILK PLAIN	CHOICE OF: SKIM MILK PLAIN SKIM MILK CHOCOLATE 1% MILK PLAIN	CHOICE OF: SKIM MILK PLAIN SKIM MILK CHOCOLATE 1% MILK PLAIN

***ALL ABOVE ITEMS COME WITH A FRESH FRUIT, 100% FRUIT JUICE, AND/OR MILK VARIETY**
 Cereal Breakfast Breaks include: Multi-Grain Cheerios, Lucky Charms, Trix, & Cinnamon Toast Crunch
 Muffin Breakfast breaks include: Apple Cinnamon & Blueberry
 Cereal Bar Breakfast Breaks include: Strawberry Oatmeal Bar

ALL OF OUR MEALS MEET THE USDA NATIONAL SCHOOL BREAKFAST AND HEALTHY HUNGER FREE KIDS ACT REQUIREMENTS!

Questions? Suggestions? Please contact the School Nutrition Department: [\(617\) 984-8768](tel:6179848768)

"This institution is an equal opportunity provider."

take time for
school
BREAKFAST



THE FACTS ABOUT SCHOOL BREAKFAST

Studies have shown that school breakfast fuels students for a successful school day!

On average:

Students who eat school breakfast have been shown to score 17.5 percent higher on standardized math tests, attend school 1.5 more days per year and are 20 percent more likely to graduate from high school.

