

BREAKFAST IS
FREE
FOR ALL STUDENTS
EVERY SCHOOL DAY.
(Just thought we'd remind you.)



Select at least 3 food items, 1 must be at least a 1/2 cup serving of fruit, juice and/or vegetable.

Entrees and 8 oz Juice count as 2 items, except cereal.

Week 1
 2/26, 3/12, 4/9, 4/23

Week 2
 3/5, 3/19, 4/16

Banana

Nutritional value:
 1 medium banana contains 100 calories and 3 g of dietary fiber. Bananas also contain vitamins B6 and B9 as well as minerals like potassium.

Disease-fighting factor:
 Bananas are good sources of resistant starch which is a healthy and filling carbohydrate that also raises the metabolic rate and helps the body burn more calories. Bananas also contain more than 400 mg of potassium which can help lower high blood pressure. Bananas contain vitamin B9 which prevents birth defects.

Did you know that?
 Persons who are allergic to latex rubber gloves can also develop allergic reactions to bananas since both have a similar protein.

www.HealthTipsEver.com
 #authoritative #original #nofuff

FEB. 26 - APR. 27, 2018
BREAKFAST IN THE CLASSROOM
 LEMON GROVE SCHOOL DISTRICT

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|---|---|--------------------------------|
| Week 1 | | | | |
| Mini Cinnamon French Toast Pillsbury | Mini Benefit Breakfast Bar: Oatmeal CC | Turkey Ham, Egg, Cheese on English Muffin | Whole Grain Bagel & Cream Cheese | Ultimate Breakfast Round (UBR) |
| Craisins | Craisins | Orange Juice 8 oz | Craisins | Craisins |
| Apple Slices | Banana | | Banana | Apple Slices |
| Week 2 | | | | |
| Mini Maple Pancakes Pillsbury | Mini Benefit Breakfast Bar: Oatmeal CC | Breakfast Stuffed Cheese Sandwich | Mini Bagels with Strawberry Neufchatel Cheese | Sweet Potato CC Muffin Top |
| Craisins | Craisins | Orange Juice 8 oz | Craisins | Craisins |
| Apple Slices | Banana | | Banana | Apple Slices |

Daily Choice of: 1% or nonfat white milk

This institution is an equal opportunity provider. Menus are subject to change.

