

OLYMPIA CUSD #16 OHMS SCHOOL BREAKFAST

Weekly Breakfast Menu

2017-2018

Recent research provides compelling evidence that under-nutrition impacts the behavior of children, their school performance and their overall cognitive development. The Olympia Food Service offers breakfast daily to elementary, middle and high school students. These breakfasts help students meet their RDA's for calcium, protein, calories, and Vitamin C. The breakfast program offers a variety of nutritious, kid-appealing items.

Student Breakfast - \$1.25 Adult Breakfast - \$1.50

Breakfast Served 7:55 to 8:25

Students must take a fruit, juice or vegetable with breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choice of 1 Entrée:</p> <p style="text-align: center;"> Breakfast Sandwich or Breakfast Pizza or Mini Cinni Rolls or Honey Bun or Oatmeal Bar or Fruit/Yogurt Smoothie </p> <p style="text-align: center;">And</p> <p style="text-align: center;"> Choice of Juice and Assorted Fruits Milk </p>	<p>Choice of 1 Entrée:</p> <p style="text-align: center;"> Breakfast Sandwich or Pancake/Sausage on a Stick or Mini Cinni Rolls or Honey Bun or Oatmeal Bar or Fruit/Yogurt Smoothie </p> <p style="text-align: center;">And</p> <p style="text-align: center;"> Choice of Juice and Assorted Fruits Milk </p>	<p>Choice of 1 Entrée:</p> <p style="text-align: center;"> Breakfast Sandwich or Biscuits/Gravy or Mini Cinni Rolls or Oatmeal Bar or Fruit/Yogurt Smoothie or Honey Bun </p> <p style="text-align: center;">And</p> <p style="text-align: center;"> Choice of Juice and Assorted Fruits Milk </p>	<p>Choice of 1 Entrée:</p> <p style="text-align: center;"> Breakfast Sandwich or Scrambled Eggs/Bacon/Toast or Mini Cinni Rolls or Oatmeal Bar or Fruit/Yogurt Smoothie or Honey Bun </p> <p style="text-align: center;">And</p> <p style="text-align: center;"> Choice of Juice and Assorted Fruits Milk </p>	<p>Choice of 1 Entrée:</p> <p style="text-align: center;"> Breakfast Sandwich or Biscuits/Gravy or Mini Cinni Rolls or Oatmeal Bar or Fruit/Yogurt Smoothie or Honey Bun </p> <p style="text-align: center;">And</p> <p style="text-align: center;"> Choice of Juice and Assorted Fruits Milk </p>

MENU IS SUBJECT TO CHANGE

Milk is offered at each meal (1% white or skim chocolate)

AVAILABLE DAILY: assorted juices (apple, grape and orange) and assorted fruits

Breakfast Sandwiches consist of the following: bagel, cheese, sausage patty or bacon and egg patty.



Eating breakfast helps students to maintain a healthy weight and perform better in sports