

# OLYMPIA CUSD #16 ELEMENTARY SCHOOL BREAKFAST 2016-2017



## Weekly Breakfast Menu

*--Breakfast Served 7:30 to 8:00--*

Breakfast literally means to “break the fast” after a long night’s sleep. Eating breakfast has been shown to improve mental alertness and enhance physical performance.

**Students must take a fruit, juice or vegetable with their breakfast!!**

Student Breakfast - \$1.15    Adult Breakfast - \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Or Breakfast Bar Or Cereal Breakfast Kit Or Honey Bun Or Mini Cinnamon Rolls	Lumberjack/Syrup or Breakfast Bar Or Cereal Breakfast Kit Or Honey Bun Or Mini Cinnamon Rolls	Sausage Gravy over Biscuit or Breakfast Bar Or Cereal Breakfast Kit Or Honey Bun Or Mini Cinnamon Rolls	French Toast Sticks Or Breakfast Bar Or Cereal Breakfast Kit Or Honey Bun Or Mini Cinnamon Rolls	Sausage Biscuit Sandwich Or Breakfast Bar Or Cereal Breakfast Kit Or Honey Bun Or Mini Cinnamon Rolls
Juice and Fruit Milk	Juice and Fruit Milk	Juice and Fruit Milk	Juice and Fruit Milk	Juice and Fruit Milk

MENU IS SUBJECT TO CHANGE

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

AVAILABLE DAILY: assorted juices (apple, grape and orange) Assorted cereals, donuts and breakfast bars.

Breakfast Sandwiches may consist of Whole Grain English Muffins, Whole Grain Biscuits or Whole Grain Bagels with cheese, egg patty, and either ham, sausage or bacon.



**Studies have shown that  
students who eat breakfast  
have higher test scores.**