



# Hamburg School

January 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

7:40-8:00 Daily

**Wednesday is "Hot Breakfast Day!"**

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

### Offered with all Meals:

Assorted Juices  
Fruit Cup  
Milk Selection

### Bagel Toppings:

Cream Cheese, Jelly or Butter

### Student Breakfast

\$.1.60

### Adult Breakfast

\$2.10

### Reduced Breakfast

\$0.30

## NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!



Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day  School Closed	2 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	3 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	4 Assorted Whole Grain Cereals & Graham Cracker	5 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
8 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	9 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	10 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	11 Assorted Whole Grain Cereals & Graham Crackers	12 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
15 Martin Luther King Jr. Day  School Closed	16 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	17 Half Day Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	18 Assorted Whole Grain Cereals & Graham Crackers	19 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
22 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	23 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	24 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	25 Assorted Whole Grain Cereals & Graham Crackers	26 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
29 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	30 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	31 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup		

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MENU SUBJECT TO CHANGE

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