



Hamburg School

April 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:

Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

take time for
**school
BREAKFAST**



Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed Spring Recess	3 School Closed Spring Recess	4 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	Assorted Whole Grain Cereals & Graham Crackers	6 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
9 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	10 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	11 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	12 Assorted Whole Grain Cereals & Graham Crackers	13 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
16 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	17 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	18 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	19 Assorted Whole Grain Cereals & Graham Crackers	20 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
23 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	24 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	25 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	26 Assorted Whole Grain Cereals & Graham Crackers	27 Assorted Whole Grain Cereals & Graham Crackers OR Waffle & Syrup
30 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping				

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TO CHANGE
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