

MAY BREAKFAST MENU

COVINGTON ISD

PK-12th

SERVED DAILY
Fruit or 100 % Fruit Juice
1% WHITE OR FAT FREE FLAVORED MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
<p><u>Mini Pancakes</u> Jelly/Syrup <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Syrup</p>	<p><u>Breakfast Pizza</u> <u>Powdered Donuts</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mandarin Oranges Jelly</p>	<p><u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa</p>	<p><u>Chocolate Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Blushing Pears Jelly</p>	<p><u>Pancake On Stick</u> <u>Breakfast Bar</u> <u>Cereal W/Cinnamon Toast</u> Fruit Juice Fresh Fruit Jelly/Salsa</p>
WEEK 2				
<p><u>Power Pack</u> <i>String Cheese/ Craisins/ Cheese-Its</i> <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Syrup</p>	<p><u>French Toast Sticks</u> <u>Cereal W/Cinnamon Toast</u> <u>Toast</u> Fresh Fruit Chilled Peaches Jelly</p>	<p><u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa</p>	<p><u>Sausage Biscuit</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mixed Fruit Jelly/</p>	<p><u>Cinnamon Roll</u> <u>Cereal W/Buttered Toast</u> Fruit Juice Fresh Fruit Jelly/ Syrup</p>

WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't

Improved behavior

Hungry children are more likely to have discipline problems

Reduced tardiness and absenteeism

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.

