



COVINGTON ISD
BRUNCH MENU

7th - 12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Mini Pancakes Fruit Juice/Fresh Fruit Syrup	Breakfast Pizza Fresh Fruit Chilled Fruit Cup	Fruity Strudel Fruit Juice/Fresh Fruit	Sausage Biscuit Fresh Fruit Chilled Fruit Cup Jelly	Warm Cinnamon Roll Fruit Juice/Fresh Fruit
WEEK 2				
Pan Dulce Fruit Juice Fresh Fruit	Pop Tart W/Yogurt Cup Fresh Fruit Chilled Fruit Cup	Glazed DONUT HOLES Fruit Juice/Fresh Fruit	CEREAL BAR Fresh Fruit Chilled Fruit Cup	Mini French Toast Fruit Juice/Fresh Fruit Syrup

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.

SERVED DAILY

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