



**BREAKFAST PRICES:**

Elementary	\$1.10
Middle	\$1.20
High	\$1.20
Adult	\$1.70

*March, 2011*



**Broward County Food and Nutrition**

**Breakfast**

**Fuel the FCAT**

No time to eat breakfast! When children and adolescents miss meals, learning suffers. This can impact scores on standardized tests such as the FCAT.

Good nutrition promotes learning readiness. The American Dietetic Association, in their Position Statement about child nutrition programs, reports that nutrition improves performance as well as decreases discipline and emotional problems.

Breakfast is critical to academic success. Specifically, breakfast influences performance at mental tasks that require students to "remember" what they learned. Research has shown that not eating breakfast impairs a student's recall ability. Other studies demonstrate increased math and reading scores when students eat breakfast.

Breakfast is available every day in each school in Broward County at a nominal cost. Children who are eligible for free or reduced price meals are eligible for this benefit at breakfast. So be sure your child eats breakfast each day and *Fuel the FCAT*.



Parents are encouraged to prepay for student meals.

Menu subject to change due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Schools Closed for Spring Break March 14 – March 18</i></p>	<p>1 Chicken Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Baked Potato Triangles Milk – White or Choc*</p>	<p>2 Scrambled Eggs/Grits &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Peaches Milk – White or Choc*</p>	<p>3 Sausage Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Pineapple Chunks Milk – White or Choc*</p>	<p>4 French Toast Sticks W/Syrup Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>100% Orange Juice Milk – White or Choc*</p>
<p>7 Breakfast Pizza Bagel Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Diced Bartlett Pears Milk – White or Choc*</p>	<p>8 Breakfast Bites Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>100% Orange Juice Milk – White or Choc*</p>	<p>9 Sausage Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Baked Potato Triangles Milk – White or Choc*</p>	<p>10 Breakfast Pizza Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Mixed Fruit Milk – White or Choc*</p>	<p>11 French Toast Sticks W/Syrup Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Applesauce Milk – White or Choc*</p>
<p>21 Baked Sausage Wrap Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Peaches Milk – White or Choc*</p>	<p>22 Chicken Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Baked Potato Triangles Milk – White or Choc*</p>	<p>23 Mini Pancakes Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>100% Apple Juice Milk – White or Choc*</p>	<p>24 Sausage Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>100% Orange Juice Milk – White or Choc*</p>	<p>25 French Toast Sticks W/Syrup Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Pineapple Chunks Milk – White or Choc*</p>
<p>28 Warm Apple Danish Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>100% Orange Juice Milk – White or Choc*</p>	<p>29 Breakfast Bites Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Diced Bartlett Pears Milk – White or Choc*</p>	<p>30 Sausage Patty &amp; Biscuit/Jelly Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Baked Potato Triangles Milk – White or Choc*</p>	<p>31 Breakfast Pizza Cereal &amp; Biscuit/Jelly Yogurt &amp; Biscuit/Jelly</p> <p>Chilled Mixed Fruit Milk – White or Choc*</p>	

The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender, national origin, marital status, race, religion or sexual orientation. Individuals who wish to file a discrimination and/or harassment complaint may call Equal Educational Opportunities (EEO) at (754) 321-2150 or Teletype Machine TTY (754) 321-2158.

Individuals with disabilities requesting accommodations under the Americans with Disabilities Act (ADA) may call Equal Educational Opportunities (EEO) at (754) 321-2150 or Teletype Machine TTY (754) 321-2158.



\*Only reduced fat milk served.