








# COMET BREAKFAST PROGRAM



## M.S. AND H.S. – BREAKFAST MENU – 2016-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p><b>MINI CINNAMON ROLLS</b> OR DONUTS OR PEANUT BUTTER &amp; JELLY UNCRUSTABLE SANDWICH OR TWIN PACK POPTARTS <b>CHOICE OF 1 OR 2 FRUITS:</b> ORANGE JUICE FRESH FRUIT CHOICE OF MILK</p>	 <p><b>HOT BREAKFAST BAGEL SANDWICH</b> w/ EGG, HAM &amp; CHEESE OR DONUTS OR PEANUT BUTTER &amp; JELLY UNCRUSTABLE SANDWICH OR TWIN PACK POPTARTS <b>CHOICE OF 1 OR 2 FRUITS:</b> ORANGE JUICE FRESH FRUIT CHOICE OF MILK</p>	 <p><b>TONY'S BREAKFAST PIZZA</b> (REAL PIZZA w/ cheese &amp; Turkey sausage) OR DONUTS OR PEANUT BUTTER &amp; JELLY UNCRUSTABLE SANDWICH OR TWIN PACK POPTARTS <b>CHOICE OF 1 OR 2 FRUITS:</b> ORANGE JUICE FRESH FRUIT CHOICE OF MILK</p>	 <p><b>HOT BREAKFAST CROISSANT SANDWICH</b> w/ EGG, HAM &amp; CHEESE OR DONUTS OR PEANUT BUTTER &amp; JELLY UNCRUSTABLE SANDWICH OR TWIN PACK POPTARTS <b>CHOICE OF 1 OR 2 FRUITS:</b> ORANGE JUICE FRESH FRUIT CHOICE OF MILK</p>	 <p><b>PANCAKE SAUSAGE</b> (turkey) WRAP ON A STICK OR DONUTS OR PEANUT BUTTER &amp; JELLY UNCRUSTABLE SANDWICH OR TWIN PACK POPTARTS <b>CHOICE OF 1 OR 2 FRUITS:</b> ORANGE JUICE FRESH FRUIT CHOICE OF MILK</p>	<p><b>BREAKFAST PRICE: \$1.50</b> All Breakfasts include a Fat-free Choc or 1% White Milk Milk offered for .50 cents Reduced-price is 30 cents per breakfast. Free lunch students receive Free Breakfast as well.</p> <p><b>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.</b></p>

**Students must select a minimum of 3 items to qualify as a reimbursable Breakfast! Students must take at least one serving of fruit or juice.**

**ALL BREAKFAST ENTREES ARE HEALTHY WHOLE GRAINS TO COMPLY WITH FEDERAL STANDARDS.**

### OUR BREAKFASTS PROVIDE...

- Quality Nutrition. Breakfast has nutritional benefits. Individuals who eat breakfast on a regular basis are more likely to have higher daily intakes of many vitamins and minerals, as well as fiber, and overall have more healthful diets compared to breakfast skippers.
- Fuel for School. In children, breakfast may benefit cognitive abilities including memory, attention, and problem solving. Eating breakfast more often has been associated with better test scores as well as better grades and school attendance in students who improved their nutritional status by participating in a school breakfast program. Breakfast also may benefit memory function and mood in adults.

### HOW MUCH DOES BREAKFAST COST?

*If you currently are eligible to receive a FREE LUNCH, then you are eligible for a FREE BREAKFAST as well!*

*If you currently are eligible to receive a REDUCED PRICE LUNCH, then you can get breakfast for 30 cents!*

*If you currently pay full price for lunch, then you would have to pay the full price of breakfast which is \$1.50!*