



DIME BOX ISD

**SERVED DAILY**  
Fruit or 100 % Fruit Juice  
1% WHITE

*Pre-K Head Start*

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>February 4-8 &amp; 18-22</b>				
<b>Mini Pancakes</b> Fruit Juice Syrup	<b>Breakfast Pizza</b> Chilled Fruit Cup	<b>Cinnamon Toast</b> Fruit Juice Jelly	<b>Sausage Biscuit</b> Chilled Fruit Cup Jelly	<b>Yogurt Cup/Cereal</b> Fruit Juice
<b>February 11-14 &amp; 25-28, March 1</b>				
<b>Sausage Kolache</b> Fruit Juice	<b>Yogurt Cup W/Cereal</b> Chilled Fruit Cup	<b>Cinnamon Toast</b> Fruit Juice Jelly	<b>Chicken Biscuit</b> Chilled Fruit Cup Jelly	<b>French Toast Sticks</b> Fruit Juice 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.*

