



DIME BOX ISD

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

K-12th

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 8-11 & 22-25				
Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	<u>Waffle Bar</u> Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	All-American Breakfast Casserole Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
January 14-18 & 28-31, February 1				
Pancake On Stick Pan Dulce Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup	Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	<u>Pancake Bar</u> Fruit Toppings Strawberry Or Blueberry Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ 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.

CEREALS
 Honey Nut Cheerios
 Cocoa Puff
 Fruit Loops
 Cinnamon Toast Crunch
 Frosted Flakes

