

CROSSROADS CHARTER ACADEMY

ELEMENTARY UNIVERSAL BREAKFAST MENU

MEAL PRICING:

BREAKFAST IS FREE TO ALL CCA STUDENTS
Milk - .50

Repeats every 4 weeks

SEPTEMBER-DECEMBER 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	CINNAMON TOAST CRUNCH GRAHAMS YOGURT JUICE MILK	ASSORTED CEREALS* & MUFFIN* FRESH FRUIT OR JUICE MILK	BETTY BARS* APPLE SLICES OR JUICE MILK	VERTICAL BAR* FRESH FRUIT OR JUICE MILK	WEEKLY MIX UP FRESH FRUIT OR JUICE MILK
2	GOLDEN GRAHAM POUCH* YOGURT FRESH FRUIT OR JUICE MILK	GENERAL MILLS CEREAL BAR* STRING CHEESE FRESH FRUIT OR JUICE MILK	BREAKFAST BREAD* FRESH FRUIT OR JUICE MILK	BENEFIT BAR* FRESH FRUIT OR JUICE MILK	WEEKLY MIX UP FRESH FRUIT OR JUICE MILK
3	DUNKIN STIK* YOGURT FRESH FRUIT OR JUICE MILK	VERTICAL BAR* STRING CHEESE SNACK FRESH FRUIT OR JUICE MILK	ASSORTED CEREALS* & MUFFIN* FRESH FRUIT OR JUICE MILK	BREAKFAST BREAD* FRESH FRUIT OR JUICE MILK	WEEKLY MIX UP FRESH FRUIT OR JUICE MILK
4	KEEBLER GRIPS* YOGURT FRESH FRUIT OR JUICE MILK	BENEFIT BAR* FRESH FRUIT OR JUICE MILK	VERTICAL BARS* FRUIT CUP OR JUICE MILK	CINNAMON TOAST SOFT BAKED BAR* FRESH FRUIT OR JUICE MILK	WEEKLY MIX UP FRESH FRUIT OR JUICE MILK

AT CCA BREAKFAST IS FREE FOR ALL STUDENTS.

AT THE ELEMENTARY IT'S SERVED IN THE CLASSROOM BEFORE SCHOOL STARTS AND CONSISTS OF WHOLE GRAINS, FRESH FRUIT 100% FRUIT JUICE LOW-FAT YOGURT AND STRING CHEESE SNACK LO-FAT MILK.

IF YOUR CHILD HAS FOOD ALLERGIES PLEASE INFORM THE TEACHER.

DIETARY CONCERNS? PLEASE CALL FOOD SERVICES @ 231-796-9041X251.

MENUS SUBJECT TO CHANGE

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

NUTRITION BITES:

- Dairy provides 74% of the vitamin D in young children's diets¹
- More than half of whole grains are eaten at breakfast²
- Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems. Breakfast also tends to help kids stay alert^{3,4,5--}

1. Dairy Research Institute™. NHANES 2009-10.

2. NDP Group, Whole Grains by Eating Occasion, 2006-2011; May 2011.

3. Murphy JM et al. The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and Longitudinal Observations in an inner-city School Sample. Arch Pediatr Adolesc Med 1998;152:899-907.

4. Wahlstrom KL and Begalle MS. More than test scores: Results of the universal school breakfast pilot in Minnesota. Top Clin Nutr 1999;(1):17-29.

5. Wesnes KA et al. Breakfast reduces declines in attention and memory over the morning in schoolchildren. Appetite 2003;41:329-331.

*DENOTES WHOLE GRAINS

STUDENTS MUST TAKE A FRUIT & OR JUICE

FOR A QUALIFYING BREAKFAST