



Rise and Shine with Breakfast!

St. Lawrence Catholic School Breakfast Menu
Free Breakfast is served daily in the classroom from 7:25-7:45.

The menu is a 2 week cycle menu.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
Grains	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Muffin	Bagel/cr. cheese	Waffles or Pancakes	PopTart	Mini-Cinni Roll
Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit
Milk	Lowfat White Milk	Lowfat White Milk	Lowfat White Milk	Lowfat White Milk	Lowfat White Milk
Protein	Yogurt	Wow Soy Butter		Cheese Stick	
Week Two					
Grains	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Muffin	Bagel/cr. cheese	Breakfast Sandwich	PopTart	Mini-Cinni Roll
Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit	100% Fruit Juice 1/2 c. Fruit
Milk	Low Fat White Milk	Low Fat White Milk	Low Fat White Milk	Low Fat White Milk	Low Fat White Milk
Protein	Yogurt	Wow Soy Butter		Cheese Stick	

Why Breakfast?

It's a fact: Children who eat breakfast perform better academically, are more alert, behave better and have fewer physical complaints such as headaches and stomach aches.



Our Breakfast in the Classroom program is sponsored in part by a grant from the School Nutrition Foundation and its partners.

What Do I Choose?

The ideal breakfast consists of whole grains, fruit, protein and a beverage to provide the right mix of fuel for the brain and body. Students must select 3 items from the 2 grain choices, 2 fruit choices, and milk offered daily. One item must be a fruit. Hot breakfast food is offered twice a week.

This institution is an equal opportunity provider.