



## BPS Elementary Breakfast\* 2021 - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Assorted Reduced Sugar, Whole Grain Cereal Bowl</b> <i>with Fruit and Chocolate or White Low-fat Milk</i>	<b>Whole Grain Assorted Nutrigrain Bar with Yogurt</b> <i>with Fruit and Chocolate or White Low-fat Milk</i>	<b>Simply Wholesome Strawberry Oatmeal Bar</b> <i>with Fruit and Chocolate or White Low-fat Milk</i>	<b>Whole Grain Assorted Nutrigrain Bar with Yogurt</b> <i>with Fruit and Chocolate or White Low-fat Milk</i>	<b>Assorted Reduced Sugar, Whole Grain Cereal</b> <i>with Fruit and Chocolate or White Low-fat Milk</i>

*A breakfast includes a choice of entrée above, two fruit side dishes, and a choice of milk.  
Milk choices include low-fat white, fat-free chocolate or strawberry.*

**Did you know that all kids eat FREE breakfast and lunch for the 21 – 22 school year?! Start your day right with breakfast!!**



Increased test scores, math grades, memory, and learning.

**17.5% HIGHER SCORES ON STANDARDIZED MATH TESTS**

**+ ÷ =**

Decreased childhood obesity.

Increased attendance, behavior, and attention.

**THOSE WHO EAT BREAKFAST ATTEND 1.5 MORE DAYS OF SCHOOL PER YEAR**

Improved diets rich in important nutrients.