

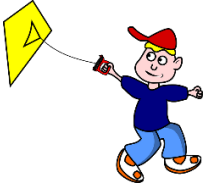
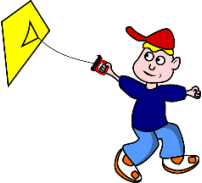
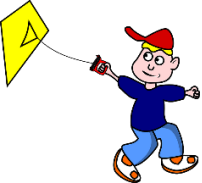
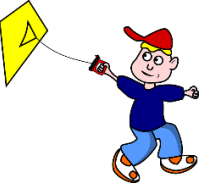
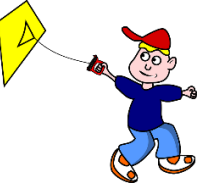


Wake up to School Breakfast!

The importance of a healthy balanced breakfast has been recognized through well-documented research. Breakfast plays an important role in child nutrition. A well-balanced breakfast gives children a “jump start” to the day when their bodies are fueled with the nutrients they need to help them learn. Studies indicate that students who eat breakfast have improved mathematics grades and reading scores, enhanced classroom attentiveness, reduced absenteeism and tardy rates, fewer nurses’ visits, and improved psychosocial behaviors. Breakfast makes kids feel good and also contributes to a healthy body weight.

March 2024

IOLA-SCANDINAVIA HIGH SCHOOL/MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Smucker’s Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice
4 Hard Boiled Egg W/G Muffin Fruit/Fruit Juice Milk Choice	5 Blueberry Bagel String Cheese Fruit/Fruit Juice Milk Choice	6 Cherry Frudel Fruit/Fruit Juice Milk Choice	7 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	8 Pumpkin Bread W/G Muffin Fruit/Fruit Juice Milk Choice
11 Blueberry Donut String Cheese Fruit/Fruit Juice Milk Choice	12 Smucker’s Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice	13 W/G Mini Waffles Fruit/Fruit Juice Milk Choice	14 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	15 Pull Apart Donut Fruit/Fruit Juice Milk Choice
18 Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice	19 Apple Filled Donuts String Cheese Fruit/Fruit Juice Milk Choice	20 Mini Caramel Rolls Fruit/Fruit Juice Milk Choice	21 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	22 Smucker’s Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice
25 Spring Break No School 	26 Spring Break No School 	27 Spring Break No School 	28 Spring Break No School 	29 Spring Break No School 



Menu items are subject to change without notice. Choice of 1% chocolate or 1% white milk.

This Institution is an equal opportunity provider.