

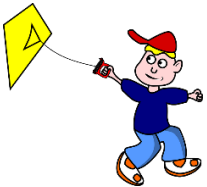
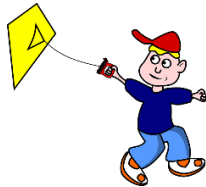
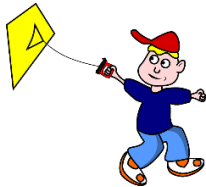
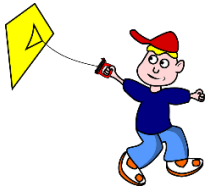
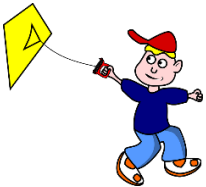


March 2024

IOLA-SCANDINAVIA ELEMENTARY SCHOOL BREAKFAST MENU

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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Assorted W/G Cereal String Cheese Fruit/Fruit Juice Milk Choice
4 W/G Pop Tart Yogurt Fruit/Fruit Juice Milk Choice	5 W/G Toasted Bagel Fruit/Fruit Juice Milk Choice	6 Cinnamon Toast Crunch Soft Filled Bar Fruit/Fruit Juice Milk Choice	7 Assorted W/G Cereal String Cheese Fruit/Fruit Juice Milk Choice	8 Cinni Mini’s Fruit/Fruit Juice Milk Choice
11 W/G Mini Waffles Fruit/Fruit Juice Milk Choice	12 Apple Filled Donut Fruit/Fruit Juice Milk Choice	13 Smucker’s Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice	14 W/G Graham Snack String Cheese Fruit/Fruit Juice Milk Choice	15 Hard Boiled Egg W/G Muffin Fruit/Fruit Juice Milk Choice
18 Mini Caramel Rolls Fruit/Fruit Juice Milk Choice	19 Pull Apart Donut Fruit/Fruit Juice Milk Choice	20 Pumpkin Bread String Cheese Fruit/Fruit Juice Milk Choice	21 Pancake on a Stick Fruit/Fruit Juice Milk Choice	22 Assorted W/G Cereal String Cheese 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 

Milk Choice of 1% chocolate or 1% white milk included daily. Fruit (1/2 cup) & Fruit Juice (1/2 cup) offered daily. An additional ½ cup serving of fruit or juice may be taken for a total of 1 cup daily. Choices offered daily: W/G Muffin and String Cheese or Peanut Butter & Jelly Uncrustable W/G Sandwich. 😊 Menu items are subject to change without notice.

This Institution is an equal opportunity provider.