

## NASHWAUK-KEEWATIN SPARTANS

Daily Breakfast Prices
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MON BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola \& Graham Crackers or - Peanut Butter \& Jelly Uncrustable or
- Soy Butter \& Jelly Sandwich and
- Fruit Assortment o o Fruit Juice

TUES BUILD A healthy breakfast

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola \& Graham Crackers or - Breakfast Pizza and
- Fruit Assortment o r Fruit Juice

WED BUILD A HEALTHY BREAKFAST
-Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola \& Graham Crackers or
-Whole Grain Mini Breakfast Loaf
\& Orange Fruit Smoothie and

- Fruit Assortment or Fruit Juice

THURS BUILD A HEALTHY BREAKFAST
-Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola \& Graham Crackers or

- Soft Shell Breakfast Burito w/Egg, Cheese, Fresh cut Red \& Green Peppers \& Savory Onion Slices
- Mediterranean Rice and
-Fruit Assortment or Fruit Juice
FRI BUILD A HEALTHY BREAKFAST
-Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola \& Graham Crackers or - Fresh Baked Whole Grain Cinnamon Roll and - Fruit Assortment or Fruit Juice


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## Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 16, 2023 to continue receiving benefits.

Rock Ridge Public Schools receive additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.
A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.


Balancing Calories

- Enjoy your food, but eat less.

Avoid oversized portions.
Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1\%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Build a Healthy Breakfast
Students must select $1 / 2 \mathrm{c}$. fruit or juice and full servings of two other food groups.

It is our goal to gently encourage students to select well-balanced meals.
Our best ideas come from you. Email your brilliant idea or important questions to:
Tonja Cunningham
tonja.cunningham@isd701.org
Or call:
218-208-0854

Call 218-208-0854 for employment opportunities with the Food \& Nutrition Department. Work school days \& have evenings, weekends, holidays \& summer off

