



## *High School/Middle School Breakfast Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Entrees</b> <b>Breakfast includes choice of Assorted Fresh Fruit or Juice &amp; a choice of 1% White or 1% Chocolate Milk</b>				
<b>Warm Donut</b>  <b>Includes 100% Juice</b>	<b>Waffle, Egg, Ham &amp; Cheese Sandwich</b>  <b>Includes Apple Slices</b>	<b>Chocolate Chip Muffin</b>  <b>Includes 100% Juice</b>	<b>Omelet, Hash Brown &amp; Goldfish Graham</b>  <b>Includes Clementine's</b>	<b>Warm Cinnamon Roll</b>  <b>Includes Banana</b>

***Grab and Go Breakfast***  
***Breakfast options available daily.***  
***Assorted Smoothies, Parfaits, Cereal Bowls,***  
***Cereal Bars, Pop Tarts***

### Why is breakfast so important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

No advance registration necessary! All students are welcome every day!

### Our Guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans Provide more whole grain foods, such as brown rice and whole wheat Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce To learn more about Chartwells go to [www.EatLearnLive.com](http://www.EatLearnLive.com) Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family

Questions or comments? Please call Brian Bahr Foodservice Director at 734-379-7620.

This institution is an equal opportunity provider

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