

Pilot Program

# Breakfast in the Classroom

**PRICES**  
 Paid Breakfast \$1.00  
 Reduced Price \$0.25

May 2010

*Breakfast in the Classroom* is a program that helps all of our students start the school day alert, well fed and ready to learn. Students eat the morning meal during the first 15 minutes of homeroom, while the teacher takes attendance, collects homework, and the office makes daily announcements. Classrooms are a comfortable eating environment for students, and studies show that children who eat breakfast regularly have improved memory, pay better attention and have higher math and reading scores.

Ceres, Evergreen, La Colima, Laurel, and Mulberry Schools **EAST WHITTIER CITY SCHOOL DISTRICT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Prior to the 17th, breakfast will be served before school.				
17 Whole Grain Sun Rise Bites Tropical Island Fruit Low Fat Milk	18 Apple-Cinnamon Muffin Fresh Fruit Low Fat Milk	19 *PB&J Jamwich Fresh Fruit Low Fat Milk	20 Breakfast Wrap Fresh Fruit Low Fat Milk	21 Cinnamon Toast Fresh Fruit Low Fat Milk
24 Honey Wheat Buttermilk Bars Tropical Island Fruit Low Fat Milk	25 Whole Grain Cinnamon Roll Fresh Fruit Low Fat Milk	26 Chocolate Chip Muffin Fresh Fruit Low Fat Milk	27 Cheese Quesadilla Fresh Fruit Low Fat Milk	28 **Sausage Biscuit Sandwich Fresh Fruit Low Fat Milk
31 HOLIDAY				*Contains Peanuts **Contains Pork Menu items subject to substitution by items of equal nutritional value.

June 2010



**EAST WHITTIER CITY SCHOOL DISTRICT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Quaker Oatmeal Bar String Cheese Fresh Fruit Low Fat Milk	2 Bagel with Cream Cheese Fresh Fruit Low Fat Milk	3 Turkey & Cheese Omelet Fresh Fruit Low Fat Milk	4 French Toast Sticks Fresh Fruit Low Fat Milk
7 Whole Grain Sun Rise Bites Tropical Island Fruit Low Fat Milk	8 Apple-Cinnamon Muffin Fresh Fruit Low Fat Milk	9 *PB&J Jamwich Fresh Fruit Low Fat Milk	10 Breakfast Wrap Fresh Fruit Low Fat Milk	11 Cinnamon Toast Fresh Fruit Low Fat Milk
14 Whole Grain Cinnamon Roll Tropical Island Fruit Low Fat Milk	15 Honey Wheat Buttermilk Bars Fresh Fruit Low Fat Milk	16 Chocolate Chip Muffin Fresh Fruit Low Fat Milk	17 Cheese Quesadilla Fresh Fruit Low Fat Milk	18 **Sunny-Side-Up Sandwich Fresh Fruit Low Fat Milk
				

\*Contains Peanuts \*\*Contains Pork

Menu items subject to substitution by items of equal nutritional value.  
 USDA and NSD are equal opportunity providers and employers.