

Mammoth Spring School District K-12th



MEAL PRICING:

Breakfast Full Price	Free
Reduced Breakfast Price	Free
Milk Only	N/A

BREAKFAST Menu

August-December 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Poptart w/ 4 oz. Flavored Yogurt Or Honey Scooter Cereal to Go	Blueberry Muffin Or Cinnamon Toaster Cereal to Go	Pancake Sandwich Or Marshmallow Mateys Cereal to Go	Donut or Honey Scooter Cereal to Go	Biscuits N' Gravy Or Cinnamon Toaster Cereal to Go
2	Mini Cinnis Or Honey Scooter Cereal to Go	Sausage Biscuits Or Cinnamon Toaster Cereal to Go	Cereal Bar w/ 4 oz. Yogurt Or Marshmallow Mateys Cereal to Go	Honey Bun Or Honey Scooter Cereal to Go	Biscuits N' Gravy Or Cinnamon Toasters Cereal to Go
3	Poptart w/ 4 oz. Flavored Yogurt Or Honey Scooter Cereal to Go	Blueberry Muffin Or Cinnamon Toaster Cereal to Go	Pancake Sandwich Or Marshmallow Mateys Cereal to Go	Donut or Honey Scooter Cereal to Go	Biscuits N' Gravy Or Honey Scooters Cereal to Go
4	Mini Cinnis Or Honey Scooter Cereal to Go	Sausage Biscuits Or Cinnamon Toaster Cereal to Go	Cereal Bar w/ 4 oz. Yogurt Or Marshmallow Mateys Cereal to Go	Honey Bun Or Honey Scooter Cereal to Go	Biscuits N' Gravy Or Cinnamon Toaster Cereal to Go

Menus are subject to change when circumstances are beyond our control.

DAILY DRINKS:

FF Chocolate Milk

FF Strawberry Milk

1% White Milk

❖ **Monday Fruit:**

Peaches, O. Juice

❖ **Tuesday Fruit:**

Applesauce, Apple Juice

❖ **Wednesday Fruit:**

Orange Smiles, O. Juice

❖ **Thursday Fruit:**

Berries, Apple Juice

❖ **Friday Fruit:**

Banana, O. Juice

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2013-14.

2. NHANES 2011-2012 and NHANES 2013-2014.