

Mammoth Spring School District PK



MEAL PRICING:

Breakfast Full Price
 Reduced Breakfast Price
 Milk Only

Free
 Free
 N/A

BREAKFAST Menu

August-December 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Poptart w/ 4 oz. Flavored Yogurt Or 1 oz cereal	Blueberry Muffin Or 1 oz cereal	Pancake Sandwich Or 1 oz cereal	Donut or 1 oz cereal	Biscuits N' Gravy Or 1 oz cereal
2	Mini Cinnis Or Honey 1 oz cereal	Sausage Biscuits Or 1 oz cereal	Cereal Bar w/ 4 oz. Yogurt Or 1 oz cereal	Honey Bun Or 1 oz cereal	Biscuits N' Gravy Or 1 oz cereal
3	Poptart w/ 4 oz. Flavored Yogurt Or 1 oz cereal	Blueberry Muffin Or 1 oz cereal	Pancake Sandwich Or 1 oz cereal	Donut or 1 oz cereal	Biscuits N' Gravy Or 1 oz cereal
4	Mini Cinnis Or 1 oz cereal	Sausage Biscuits Or 1 oz cereal	Cereal Bar w/ 4 oz. Yogurt Or 1 oz cereal	Honey Bun Or 1 oz cereal	Biscuits N' Gravy Or 1 oz cereal

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

DAILY DRINKS:

1% White Milk

❖ Monday Fruit:

Peaches.

Tuesday Fruit:

Apple Juice

❖ Wednesday Fruit:

Orange Smiles.

Thursday Fruit:

Orange Juice

❖ Friday Fruit:

Banana

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
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.