



# BREAKFAST @SCHOOL

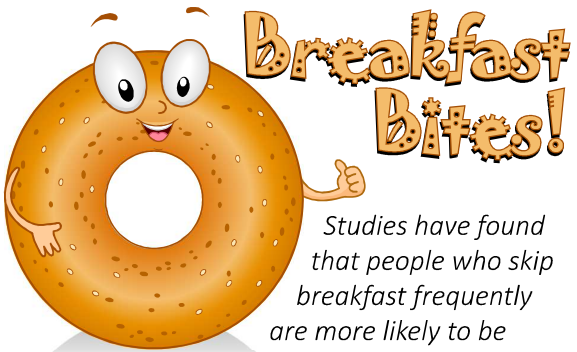
For first-class learning!

**Strafford Elementary School**



## BREAKFAST MENU Strafford School

This institution is an equal opportunity provider. Menu is subject to change.



### Breakfast Bites!

Studies have found that people who skip breakfast frequently are more likely to be overweight, more likely to eat a lot of unhealthy snacks, and less likely to get the recommended servings of fruit and veggies throughout the day. Don't skip!

**Still the best deal in town!**

**Breakfast \$1.25**

Featuring Healthy Fruits & Grains!

***Breakfast is available daily to all students—students having breakfast should come directly into the café upon arrival at school to pick up their meal and bring it to their classroom.***

Items available daily include:

- ⇒ Bagel w/cream cheese
  - ⇒ Fresh Baked Cinnamon Roll
  - ⇒ Blueberry Muffin
  - ⇒ On Mondays and Thursday—French Toast Sticks are available
  - ⇒ On Tuesdays and Fridays—Pancakes are available
  - ⇒ A variety of fruits are available, (apples, applesauce cup, oranges, banana)
  - ⇒ fruit juice (100% fruit juice) and 5 choices of fat free or low fat milk are available daily
  - ⇒ All grain items served are whole grain rich
- Breakfast Pizza
  - Glazed Donut
  - Fruit Loop, Frosted Flakes, Rice Crispy Cereals

**Get in touch with us today to learn more about free and reduced-price meals in our district:  
664-2842 or [egale@strafford.k12.nh.us](mailto:egale@strafford.k12.nh.us)**