

Bloomfield Elementary Schools

February 2018
Breakfast Menu



Get a Healthy Start to Your Day with School Breakfast!

All Entrees are served with:
Assorted Fruit
100% Juice
Low Fat Milk Choice

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.30

Adult Breakfast \$1.70

Reduced Breakfast \$0.30

take time for
school
BREAKFAST



NUTRITION NEWS:

February is Heart Healthy Month!

The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	2 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
5 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	6 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	7 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	8 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	9 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
12 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	13 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	14 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	15 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	16 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
19 President's Day School Closed	20 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	21 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	22 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	23 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
26 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	27 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	28 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers		

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MENU SUBJECT TO CHANGE


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