

## FORT LEE SCHOOL DISTRICT ELEMENTARY BREAKFAST MENU - JUNE 2010

Monday	Tuesday	Wednesday	Thursday	Friday
All Breakfasts are Offered with a Choice of Low Fat 1% Milk, 1% Strawberry, 1% Chocolate & Skim				
	1 Otis Spunkmeyer® Whole Grain Maple Waffle Graham crackers Chilled Fruit	2 Kelloggs® Corn Flakes Cereal Graham Crackers Chilled Fruit	3 BakeCrafters® Apple Cinnamon Cereal Bar Graham Crackers Chilled Fruit	4 Otis Spunkmeyer® Whole Grain Chocolate Muffin Graham Crackers Chilled Fruit
7 Kelloggs® Rice Krispies Cereal Graham Crackers Chilled Fruit	8 Otis Spunkmeyer® Whole Grain Maple Waffle Graham crackers Chilled Fruit	9 Kelloggs® Corn Flakes Cereal Graham Crackers Chilled Fruit	10 BakeCrafters® Apple Cinnamon Cereal Bar Graham Crackers Chilled Fruit	11 Otis Spunkmeyer® Whole Grain Chocolate Muffin Graham Crackers Chilled Fruit
14 Kelloggs® Rice Krispies Cereal Graham Crackers Chilled Fruit	15 Otis Spunkmeyer® Whole Grain Maple Waffle Graham crackers Chilled Fruit	16 Kelloggs® Corn Flakes Cereal Graham Crackers Chilled Fruit	17 BakeCrafters® Apple Cinnamon Cereal Bar Graham Crackers Chilled Fruit	18 Otis Spunkmeyer® Whole Grain Chocolate muffin Graham Crackers Chilled Fruit
21 Kelloggs® Rice Krispies Cereal Graham Crackers Chilled Fruit	22 Otis Spunkmeyer® Whole Grain Maple Waffle Graham crackers Chilled Fruit	23 Kelloggs® Corn Flakes Cereal Graham Crackers Chilled Fruit	24 BakeCrafters® Apple Cinnamon Cereal Bar Graham Crackers Chilled Fruit	25 Otis Spunkmeyer® Whole Grain Chocolate Muffin Graham Crackers Chilled Fruit



Balanced Choices is Chartwells program designed to identify the "better-for-you" choices within the school lunch environment. Balanced Choice promotes snacks, beverages and entrees that meet precise nutrition parameters which endorse healthy eating guidelines and appropriate portion sizes. Balanced Choice also establishes nutrition parameters to promote a reduction in nutrients that are abundant in students' diets, while ensuring that each food item makes a positive contribution of vitamins, minerals and fiber.

Eating healthy is often a balancing act. Make a healthy lifestyle doable by:

- Balancing the foods you eat with physical activity.
  - Watching your sugar intake.
- Snacking smart – Limit sweets in favor of healthier snacks.
  - Eating smart when eating out.
  - Paying close attention to portion sizes

○ **LOOK FOR THE** **LOGO**