

*Midland Public Schools
Food & Nutrition Services*

Elementary Breakfast Menu

Paid Breakfast \$1.25 or Reduced \$.30

Breakfast includes: (1) Entrée Choice, Graham Crackers, Milk
Fresh Apple or Fruit Juice

Assorted Cereal with Graham Crackers available daily

OR

Monday	Chocolate Chip Power Bar and Graham Crackers
Tuesday	Whole Grain Strawberry Pop Tart and Graham Crackers
Wednesday	Vitamin Enriched Cinnamon Sugar Donut
Thursday	Whole Grain Trix Cereal Bar and Graham Crackers
Friday	Fruit Muffin and Graham Crackers

Students that qualify for free lunch also receive free breakfast

December Superfood-Broccoli

Broccoli with Cheese Sauce is featured on December 3 lunch menu

Best if fresh but frozen is good too

Raw broccoli with a low fat dip makes a great snack

One of the most popular home garden vegetables because it is easy to grow

Cook by steaming, microwaving or in a stir fry

Contains lots of nutrients including vitamins C and K, potassium and folate

One half cup counts as a vegetable serving and is just 15 calories

Look for a dark green bunch with florets that are not flowering

Is known as the "crown jewel" of nutrition because it is so rich in nutrients