



# Decker School

February 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

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

ALL MEALS SERVED WITH 100% FRUIT JUICE  
CHILLED FRUIT  
MILK SELECTION

Student Breakfast

\$1.50

Adult Breakfast

\$2.25

Reduced Breakfast

\$0.30



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### 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 Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	2 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
5 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	6 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	7 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	8 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	9 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
12 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	13 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	14 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	15 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	16 <b>School Closed</b>
19 <b>President's Day</b> <b>School Closed</b>	20 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	21 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	22 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	23 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
26 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	27 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	28 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	<p>MENU SUBJECT TO CHANGE</p>	

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