

Mayfield Elementary



May 2010



Breakfast is a Brain and Body Booster!

TIME SAVER! Students may put any amount of money on their meal account for meals, extra entrees, milk but not vending items. Parents may send in one payment and designate amount per each child's meal account ~ it's easy and worry free! Payment on line available: www.mynutrikids.com Please call for your child's student ID number.

Alternate Daily Choices Include Cereal and Toast, and PBJ Sandwich.

Monday	Tuesday	Wednesday	Thursday	Friday
May 3	4	5	6	7
Monday Madness Choice: bagel, toast, eng muffin cereal	Ham&Cheese Melt	Waffle Wednesday	Choice of Cereal & Toast	Friday Finale Bagel

Do you need help or have questions? 661-8257 Fruit or Fruit Juice and Choice of Milk Included

10	11	12	13	14
Monday Madness Choice: bagel, toast, eng muffin cereal	Toast-Toppings	Waffle Wednesday	Ham&Cheese Melt	Friday Finale Bagel

Daily Choices Include Cereal and Toast

Breakfast \$1.00

17	18	19	20	21
Monday Madness Choice: bagel, toast, eng muffin cereal	Breakfast Pizza	Waffle Wednesday	Choice of Cereal & Toast	Friday Finale Bagel

Milk Choices: 2% White, 1% Chocolate, Skim White

24	25	26	27	28
Monday Madness Choice: bagel, toast, eng muffin cereal	Toast Toppings	Choice of Cereal & Toast	Bagel	Memorial Day Recess May 28-31

Menus posted: www.mayfieldk12.com

ADVANCED MEAL

Do you need help or have questions? 661-8257 Breakfast is not served on delayed start days.

Research confirms that breakfast eaters....

- Have high test scores, work faster, make fewer errors and are more creative
- Are less likely to be sent to the principal or visit the school nurse
- Are more cooperative and get along with classmates
- Are healthier and have improved attendance
- Are more able to concentrate on learning

Breakfast Is A Brain Builder!

