

# This Month in the Cafeteria

## Achievement: Start Your Day on "FULL"

You've heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it's important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

For breakfast sometimes you need to "think outside the box". You can try some non-traditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast everyday!!



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit [www.mypyramid.gov](http://www.mypyramid.gov).

### Broccoli is a Super-Duper Food

Broccoli is a super-duper because it's packed full of healthy body nutrients. These mini-trees are low in calories, high in vitamin C and a good source of folate and vitamin A. Broccoli also contains powerful cancer fighting compounds as well as promotes healthy heart and eyes.

Broccoli can be found year-round in fresh and frozen forms. Fresh broccoli typically comes from California and Arizona during the winter months.

To select good-quality fresh broccoli, it should have a fresh-looking, light-green stalks of consistent thickness. The florets should be compact and dark green and may have some purple tinge.

Broccoli can be eaten raw on a garden salad or dipped in lite-dressings. It can also be steamed and topped with a little black pepper or low-fat cheese, sautéed with onions and bell peppers and served over rice or noodles, or boiled.

Broccoli is a super-duper food, so keep munching on this nutrient-rich vegetable.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to [www.besmart-eatsmart-livesmart.com](http://www.besmart-eatsmart-livesmart.com).

#### A La Carte

Milk .....	\$ .50
100% Fruit Juice .....	\$ .40
100% Fruit Snapple .....	\$ 1.00
Bottled Water .....	\$ .75
Chilled or Fresh Fruit .....	\$ .75
Side of Vegetables .....	\$ .75
Crackers .....	\$ .05
Soup Bowl .....	\$ .85
Ice Cream/Icy Juicy .....	\$ .75-1.25
Soft Pretzel .....	\$ .60
Fresh Baked Cookie .....	\$ .35
Goldfish Cracker (1/2 oz) .....	\$ .40
Teddy Grahams .....	\$ .40
Fresh Veggies & Dip .....	\$ .50
Trix Yogurt .....	\$ .65
Snapple .....	\$ 1.00
Propel Water .....	\$ 1.00
Bake/Reduce Fat Snacks .....	\$ .60
100% Fruit Juice Slushy .....	\$ .60

#### STUDENT PRICES

Paid Pattern Lunch .....	\$ 1.80
Salad Pattern Lunch .....	\$ 1.80
Reduced Pattern Lunch .....	\$ .40
A La Carte Entrée .....	\$ 1.65
A La Carte Sandwich .....	\$ 1.65

#### ADULT PRICES

Adult Pattern Lunch .....	\$ 3.00
Salad Pattern Lunch .....	\$ 3.00
A La Carte Sandwich	
or Entrée .....	\$ 1.95
Coffee or Tea 8oz/12oz ...	\$ .60/.80
Milk .....	\$ .50

#### Second Portion Deal

All Second Protein Entrees purchased with a Funded Meal may be purchased at a DISCOUNTED price of \$1.40

#### Franklin Elementary

One child per form!

Please check a box for full-price pre-paid lunches.

5 Lunches    10 Lunches    15 Lunches    20 Lunches  
 \$9.00     \$18.00     \$27.00     \$36.00

**Make checks payable to: Franklin Board of Education**

Prepaid Lunch Form  
 Return this form, with the amount ordered, in a sealed envelope to your child's teacher. Put your child's name on the envelope!

Child's Name \_\_\_\_\_

Teacher \_\_\_\_\_

Grade \_\_\_\_\_ Today's Date \_\_\_\_\_