



August 2009

## Weston High School Breakfast Program!

Start the school year off right by getting your student in the habit of eating breakfast!

According to Dan Glickman, the former US Secretary of Agriculture, “The link between good nutrition and good education is clearly demonstrated by higher test scores, better attendance and fewer behavior problems in school.” Students can concentrate better and improve their attention span by eating a healthy breakfast.





The brain’s energy source is glucose, so complex carbohydrates, like whole grain bagels and whole grain cereal, are essential for optimal performance for the brain. Examples of ideal breakfasts, which include at least 3 different food groups:

- Whole Grain Cereal, Milk, Banana
- Low-Fat Yogurt, Fruit & Granola Parfait
- Honey Whole Wheat Bagel, Smoothie (made with non-fat Stonyfield organic yogurt and fruit)
- Whole Grain French Toast Sticks, Sausage, Orange
- Hot Breakfast Sandwich on a Whole Grain English Muffin, Roll, or Bagel (Egg & Cheese; Sausage, Egg & Cheese), Fruit

We are very excited to be expanding our breakfast program this school year at Weston High School. Breakfast will be offered in the cafeteria Monday through Friday from **7am-10am**. Below is the Weston High School Breakfast menu.


Andre Santelli, Director of Dining & Jill Patterson, RD, Resident Dietitian

### Weston High School Breakfast Menu

- Bagel \$1.00
- Bagel with Cream Cheese or Butter \$1.50
- Muffin Town Whole Grain Muffin  \$0.75
- Low-Fat Yogurt, Fruit & Granola Parfait 12oz \$2.25 
- Cereal Bowl (Cheerios , Honey Nut Cheerios , Reduced Sugar Apple Jacks) \$1.00 with milk \$1.60
- Stonyfield Non-fat Yogurt Smoothie 12oz \$2.50

Hot Breakfast Sandwich (choice of Honey Whole Wheat Bagel, Whole Wheat Roll or Whole Wheat English Muffin)

- Egg and Cheese Sandwich  \$1.50
- Sausage, Egg and Cheese Sandwich  \$2.25
- Bacon, Egg and Cheese Sandwich  \$2.25
- Extra Egg \$.50
- Extra Meat \$.75
- Potato Hash Cakes \$1.25
- Breakfast Flatbread Specialty \$2.75
- Breakfast Frittata Specialty \$2.75
- Whole Grain French Toast Sticks  with maple syrup and sausage \$2.50
- Whole Fresh Fruit (apples, bananas, oranges) \$0.50
- Assorted 100% Minute Maid Juice \$1.50
- Skim or Low-Fat Milk \$.60

 Indicates item that contains whole grains