

NOVEMBER 2007 BREAKFAST MENU
FAIRFIELD, YOUNG AND BURNS SCHOOLS
 (includes Fairfield School's Breakfast in the Classroom Program)

All breakfasts include milk and either fruit or 100% fruit juice

Whole Wheat Cinnamon Buns Orange Juice Oct. 29	Wheat Bagel w/ Cream Cheese Apple Juice 30	Kashi Mighty Bites Cereal Banana 31	Ham, Egg & Cheese English Muffin OJ Nov. 1	French Toast Sticks Applesauce 2
Belgium Waffle Sticks (Whole Grain) Applesauce 5	Tortilla with Scrambled Egg, Turkey Sausage & Cheese Orange Juice 6	Homemade Blueberry Muffin Banana 7	Egg & Cheese on a Bagel Orange Juice 8	Yogurt Graham Crackers Apple Juice 9
NO SCHOOL Veterans' Day 12	Wheat Bagel w/ Cream Cheese Apple Juice 13	Kashi Mighty Bites Cereal Banana 14	Ham, Egg & Cheese English Muffin Orange Juice 15	French Toast Sticks Applesauce 16
Belgium Waffle Sticks (Whole Grain) Applesauce 19	Tortilla with Scrambled Egg, Turkey Sausage & Cheese Orange Juice 20	NO SCHOOL 21	NO SCHOOL Thanksgiving Day 22	NO SCHOOL 23
Whole Wheat Cinnamon Buns Orange Juice 26	Wheat Bagel w/ Cream Cheese Apple Juice 27	Kashi Mighty Bites Cereal Banana 28	Ham, Egg & Cheese English Muffin Orange Juice 29	French Toast Sticks Applesauce 30

Breakfast price is \$1.00, or for those who qualify \$.20 reduced or free. Please make checks payable to Saco School Nutrition Program and include child's name on check or envelope. Breakfast is served at Burns 7:30-8:30 a.m.; at Fairfield 7:45-8:25 a.m. and at Young 7:50-8:25.

Have you considered having your child eat breakfast at school? Eating breakfast at school can take pressure off busy families who aren't able to eat breakfast together as they rush off to work or school. Also, many children aren't hungry when they first wake up, but are ready to eat by the time they arrive to school!

Children who eat breakfast have been shown to have:

- Fewer trips to the school nurse (with stomach and headaches from being hungry)
- Improved concentration and behavior
- Better grades and test scores
- Overall improved nutrient intake, especially calcium, protein, folate and fiber
- Decreased risk of being overweight

If you have any questions about the Saco School Breakfast or Lunch Program, please call Sue Morrell, Food Service Director at 282-0211 or email smorrell@saco.org.