

National School Breakfast Week ~ School Breakfast Contest

If you could pick out the perfect breakfast meal, what would you select? One lucky breakfast creator (or class/grade) in each school will be selected. Their menu will be prepared in the cafeteria for a day this year and their name will be placed on the school breakfast menu!

Students submitting a menu idea should follow the guidelines for school meals below. The use of healthy ingredients and easy preparation should be considered. Students may draw, color or paint a meal tray to show the school breakfast. The drawing may be used on the serving line and in the nutrition office.

Guidelines: School meals must follow the healthy guidelines as mandated by the USDA. Your breakfast meal should include all 4 meal components

2 whole grains **OR** 1 whole grain and 1 meat / meal alternative

2 fruits **OR** 1 fruit and 1 fruit juice

Milk

Students must take a minimum of 3 components and 1 of those must be a fruit

Also, for each day a student comes to the cafe for breakfast, their name will be placed in a drawing for a chance to win a NEW BIKE!! (the more often you come, the more chances you have!) Runner up Prizes also offered

My idea of a Great School Breakfast

Grain: _____

Meat / Meat Alternative: _____

Fruit: _____ Juice: _____

Milk: _____

Submitted By: _____

Grade: _____ Teacher: _____

