



# Nutrition News

**Brentwood Child  
Nutrition Program**

**Eat Well, Be Well**

**BREAKFAST STARTS YOUR DAY  
BE READY, BE PREPARED EACH DAY TO LEARN, PLAY AND BE WELL NOURISHED  
HAVE YOUR FIRST MEAL OF THE DAY AT SCHOOL.  
EACH SCHOOL DAY A COMPLIMENTARY NUTRITIOUS BREAKFAST WILL BE OFFERED**

**Complimentary Breakfast at High School, Freshman Center, North and East Middle, East Kindergarten, Hemlock Park, Laurel Park, Loretta Park, North, Northeast, Oak Park, Pine Park, Southeast. Southwest and Twin Pines . Watch for your school's details and beginning date.**

## **BREAKFAST CORNER**

### Week One

**Monday: Chocolate Chip Muffin Breakfast Break, Milk**

**Tuesday: Sky Blue Z-Loaf- Fresh Baked Zucchini Carrot Bread, Fresh Orange (6-12) or Orange Juice (K-5), Milk**

**Wednesday: Kellogg's Cereal Bar, Cheese Stick, Banana, Milk**

**Thursday: Secondary Schools 6-12 grades: UBR Ultimate Breakfast Round or Bagel with Butter, Fruit Punch 100% Juice, Milk  
Elementary Schools K-5 grades: Breakfast Break -(Multi grain O's Pouch Cereal, Juice, Goldfish), Milk**

**Friday: Kellogg's Whole Grain Bug Bites, Low Fat Yogurt, Apple Juice, Milk**

### Served week of: 4/8-4/12, 4/22-4/26

**Monday: Corn Bread Breakfast Break, Milk**

**Tuesday: Breakfast Breaks -(Frosted Flakes Cereal Pouch, Crackers and juice), Milk**

**Wednesday: Sky Blue Breakfast Bar, Banana and Milk**

**Thursday: Otis Spunkmeyer Muffin, Apple Juice, Milk**

**Friday: Breakfast Break -(Yogurt, Granola and juice) Milk**

Milk served daily with Breakfast: Low Fat 1% White , Fat Free White,

Milk served daily with Lunch: Low Fat 1% White , Fat Free (FF) White, FF Chocolate and FF Strawberry

**Menu subject to change**



**BREAKFAST CORNER: Cost \$ .50  
Served at West, and South Middle Schools**

**Monday:** Whole Wheat Bagel with butter , peanut butter or cream cheese, Orange Juice

**Tuesday:** Breakfast Sandwich (scrambled eggs with turkey ham and peppers) on bun, Assorted Fruits

**Wednesday:** Chicken Sausage on a Bun, Grape Juice

**Thursday:** Fruit flavored low fat yogurt, assorted cold cereal, Fruit Juice (orange, grape, or apple)

**Friday:** French Toast Sticks w/ syrup, Apple Juice

Milk served daily with breakfast: Low Fat 1% White , Fat Free White

**Offered daily - Assorted Cereals - with milk**

Choice of milk served daily with breakfast and lunch: skim, low fat 1% white, lunch only: fat free chocolate and strawberry