



SEPTEMBER 2016

SFE Newsletter

Putting Child Nutrition First



Happy National Breakfast Month!

This month it's all about getting the best start in the morning by eating a good healthy meal! Our cafeteria provides great variety of breakfast entrees that are whole grain with a fresh variety of fruit and choice of milk.

Eating a good breakfast encourages all of these wonderful benefits:

- Helps your brain function more clearly
- Gives you more energy and thinking power
- Provides a higher intake of essential vitamins and minerals to promote a healthy heart.



Rise and Shine! Let's Fuel Up with a Better Breakfast!

Join us for Breakfast in the Cafe for some of these great items!

- Fresh Fruit and Yogurt Blended Smoothies
- Peanut Butter on Whole Grain Bread
- Hot Oatmeal with Fruit
- Whole Grain Cereal w/ Variety of Fruit



Can you Match these Breakfast Food Items to the Correct Food Group?



Fruit

Grain

Meat

Milk

