

Bring on the NEW YEAR!

Come to a "Preview Breakfast" and help welcome in the New Year
at Middlebrook School

- Who: All Parents, Students and Staff
- What: A "Preview Breakfast" to help celebrate our new Breakfast Program
- When: Friday, January 4, 2019 at 7:30 a.m.
- Where: Middlebrook Cafeteria
- Why: To launch our new breakfast program, which starts for student on Monday, January 7th
- How: Pay at the door or apply it to your MySchoolBucks account

Breakfast Costs:

- Student Breakfast \$1.75
- Free Breakfast, if eligible
- Reduced Breakfast \$0.30 (if eligible)
- Adult Breakfast \$2.85



We Are Soooooo Excited!



Starting on January 7th, Middlebrook students can purchase breakfast on a daily basis. Breakfast will begin at 8:20 a.m. daily and will be purchased in the front foyer. Students will take their bagged breakfast to their classroom to eat. The January breakfast calendar will come in a separate email.

Please do not hesitate to reach out with any questions that you may have. MBFDSERV@trumbullps.org

Trumbull Public School Food Services <https://www.trumbullps.org/departments/food-service.html>



Beginning January 7, 2019, Frenchtown and MiddleBrook Elementary Schools will serve a Grab & Go Breakfast

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

Grains	Meat or Meat Alternate (optional)	Milk
Fruits	Veggies (optional)	

- **½ Cup of Fruits or Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

Juice/fruit/vegetable (1 cup daily), Grains and optional: meat or meat alternate (1-2 ounce daily), Fluid milk (1 cup daily)

Breakfast is Brain Fuel for Students in the Trumbull Public Schools

Breakfast is the most important meal of the day. The Trumbull Public Schools whole-heartedly believes in the importance of this first meal of the day for health and academic success and work to ensure that students in their district eat breakfast each morning. Students who eat breakfast are able to pay attention longer, demonstrate better behavior in the classroom, have improved attendance and less tardiness, and make fewer trips to the school nurse. School meals can make a difference. Meals served as part of the School Breakfast Program provide *one-fourth or more of the daily recommended levels for key nutrients that children need for growth and development*. Students who participate in the National School Breakfast and School Lunch Programs consume more servings of milk, fruit and vegetables and fewer servings of soda and fruit drinks. Families depend on school meals to provide nourishing meals each day for their children. Students depend on school meals to provide the nutrition they need to succeed.

The Trumbull Public Schools have been going above and beyond to increase the number of students who eat breakfast each school morning. "The students in this school district are our children." We care about the health and well-being of our students. Ensuring that each child eats a healthy breakfast every day is a small but significant step that we can take as part of investing in their future.

HOW DOES YOUR CHILD PURCHASE BREAKFAST?

Breakfast meals are purchased in the same way as your child purchases lunch. This is a debit account, not a credit account. Every child has their own personal Bar Code Pin number which is the same BC# they use to purchase lunch. The student will enter their BC# when they receive the meal and the computer accesses his/her account. If there is money in the *prepaid* account \$1.75 for the full price for the breakfast meal is deducted. If a student is eligible for free breakfast meals, the computer system will not charge them. If the student is eligible for reduced breakfast meals \$0.30 will be deducted from their *prepaid* account. If there is no money in the account the student will pay with cash, \$0.30 for a reduced breakfast or pay \$1.75 full price breakfast. Please use and complete a deposit slip available in the school cafeteria or on the Trumbull Public Schools website and send it to your school cafeteria or visit www.myschoolbucks.com for parent on-line information on how to make a prepayment for meals and a la carte purchases. *Breakfast and lunch are not served on legal half days.*

BREAKFAST MENU
JANUARY 2019

FRENCHTOWN and MIDDLEBROOK ELEMENTARY SCHOOLS



IT'S TIME FOR BREAKFAST



Your student needs to take at least 3 of the 4 components
One must be a FRUIT, for the meal to meet
requirements for the National School Breakfast Program.

At Breakfast, all meals served fall within the guidelines for
the National School Breakfast Program.

At Breakfast the student cost is \$1.75, students
approved for reduced meals are \$0.30,
free for eligible students.

Every student has an account, students will use their
Bar Code number to access their account in
the same way they use their BCAT to access lunch.

You can pay with cash or use your BCAT if you have money
in your account, prepayment can be made at school or
by accessing MySchoolBucks.

Easily pay for school meals with MySchoolBucks
Go to myschoolbucks.com or download the app
Create an account & add your students Pay
with your credit/debit card.



January 7, 2019 MONDAY	January 8, 2019 TUESDAY	January 9, 2019 WEDNESDAY	January 10, 2019 THURSDAY	January 11, 2019 FRIDAY
WG CHERRY FRIDGELS (1.00 ea) MIXED FRUIT (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	APPLE MUFFIN (1 ea ea) PEACHES (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	CINNAMON TOAST CRUNCH BAR (1 ea ea) MIXED FRUIT (1/2 cup) APPLE (1/2 cup) 1% LOW FAT MILK (1 cup)	WG NUTRIGRAIN BLUEBERRY (1 ea ea) APPLESAUCE (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	Low Fat String Cheese with WG Sunbrite Bites (1 ea ea) PEAR CUP (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1/2 cup)
January 14, 2019 MONDAY	January 15, 2019 TUESDAY	January 16, 2019 WEDNESDAY	January 17, 2019 THURSDAY	January 18, 2019 FRIDAY
G MILL SNACK BAR GOLDEN GRINA WG (1 ea ea) PEARS (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	WG CINN RAISIN BAGLE (1 ea ea) APPLESAUCE (1/2 cup) 1/2 ORANGE WEDGE (1/2 cup) 1% LOW FAT MILK (1 cup)	BLUEBERRY MUFFIN (1 ea ea) PEACHES (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	YOGURT CUP w/ GRANOLA (1 ea ea ea ea + 1 ea ea) PEACH CUP (1/2 cup) APPLE WEDGES pack (1/2 cup) 1% LOW FAT MILK (1 cup)	WG CINN ROLL (1 ea ea) PEACHES (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)
January 21, 2019 MONDAY	January 22, 2019 TUESDAY	January 23, 2019 WEDNESDAY	January 24, 2019 THURSDAY	January 25, 2019 FRIDAY
NO SCHOOL MARTIN LUTHER KING Jr DAY	WG BREAKFAST BAR (1 ea ea) PEACHES (1/2 cup) ORANGE SMILES (1/2 cup) 1% LOW FAT MILK (1 cup)	WG FRENCH TOAST BAGLE (1 ea ea) MIXED FRUIT CUP (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	WG BANANA SLICE (1 ea ea) APPLESAUCE (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	WG BLUEBERRY BAGEL (1 ea ea) PEACH CUP (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)
January 28, 2019 MONDAY	January 29, 2019 TUESDAY	January 30, 2019 WEDNESDAY	January 31, 2019 THURSDAY	February 1, 2019 FRIDAY
WG CHERRY FRIDGELS (1 ea ea) MIXED FRUIT (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	APPLE MUFFIN (1 ea ea) PEACHES (1/2 cup) 100% ORANGE JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	CINNAMON TOAST CRUNCH BAR (1 ea ea) MIXED FRUIT (1/2 cup) APPLE (1/2 cup) 1% LOW FAT MILK (1 cup)	WG NUTRIGRAIN BLUEBERRY (1 ea ea) APPLESAUCE (1/2 cup) 100% ASSORTED JUICE (1/2 cup) 1% LOW FAT MILK (1 cup)	Low Fat String Cheese w/ WG PRETZEL (1 ea ea) PEAR CUP (1/2 cup) GRAPE JUICE (1/2 cup) 1% LOW FAT MILK (1/2 cup)



As mentioned in the Federal Law and 1.5 Department of Agriculture policy, the nutrition or guidelines for breakfast are based on the basis of cost, taste, value, and availability. It is a complete meal of
demonstrates some USDA Director's Office of Child Nutrition, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 794-1273 or (202) 720-4302 (TDD). USDA is an equal opportunity provider and employer.

meals subject to change