

## Whitehall Elementary School Breakfast Menu

### **New for 2019-2020 School Year: Breakfast In The Classroom (BIC)**

Students will have a choice to eat breakfast in their classroom or eat breakfast at home. The elementary schools will be offering free breakfast meals to any elementary student who would like to have breakfast. Special breakfast meal kits will be delivered to the classroom each day. Students will be able to choose a complete meal or select the minimum meal requirements for the federal meal program.

#### **We must offer:**

Whole grain item that credits to two servings of a whole grain

Two servings of fruit in ½-cup portions: 4 ounces of 100% fruit Juice and ½ cup serving of fruit

One cup of milk: fat-free or 1% unflavored milk

*Breakfast kits will contain one serving of fruit and or fruit juice and two whole grain items.*

#### **What do students need to take to meet the minimum requirement for a meal?**

- ✓ Students must take the breakfast kit.

Milk & fruit are optional and students can chose not to take these items with their breakfast kit.

A “No Thank You Bag” will be at the end of the line for students to place unwanted food into the bag. This is not a share table, which means other students will not be allowed to take food from the bag.

#### **Overview of BIC rules that will be in place to keep all students safe:**

- ✓ Students are only permitted one meal and that meal is only available at the designated time.
- ✓ Food is to be consumed at the designated time and students will be asked to throw away any uneaten food at the end of breakfast as part of the clean-up routine established in the classroom.
- ✓ Students are not permitted to bring into the school any food from home into the classroom in accordance to Board policy.
- ✓ Allergen-Free meals will be provided for students who have medical documentation on file at the school.
- ✓ Students with life-threatening allergies need to have 504 Plan in place with the school.
- ✓ Students are not required to participate in the breakfast program at school.
- ✓ Students will be taught how to clean their hands and clean their desktop as part of the clean-up routine.
- ✓ Teachers have a plan of action for spills or incidents that may occur in their classroom.
- ✓ Menu items will not contain Peanuts, Tree Nuts, Beef or Pork.

\*Menus are subjected to change and precautions will be in place for allergens based on the changes.

**Whitehall Elementary School Breakfast Menu**

**Week of 9/17/19**

**Monday**

**Breakfast Kit: Items inside kit and allergens**

**Whole Grain Chocolate Bread and 100% Fruit Punch Juice, (kit contains W,E,S,M)**

**Fresh Apple Slices & Milk**

**Tuesday**

**Breakfast Kit: Items inside kit and allergens**

**Whole Grain Team Cheerios Cereal Bar, Whole Grain Cinnamon Animal Grahams, 100% Apple Juice,**

**(kit contains W,E,S,M)**

**Fresh Nectarine and Milk**

**Wednesday**

**Breakfast Kit: Items inside kit and allergens**

**Whole Grain Cinnamon Roll & 100% Fruit Punch Juice,**

**(kit contains W,E,S,M)**

**Golden Delicious Apple and Milk**

**Thursday**

**Breakfast Kit: Items inside kit and allergens**

**Whole Grain Oatmeal Chocolate Chip Breakfast Round and 100% Apple Juice,**

**(kit contains W,E,S,M)**

**Fresh Plums & Milk**

**Friday**

**Breakfast Kit: Items inside kit and allergens**

**Whole Grain Chocolate Donuts & 100% Fruit Punch Juice, (kit contains W,E,S,M)**

**Fresh Peach and Milk**