

Independent School District

318

Schools

Murphy Forest Lake

Cohasset Southwest

Bigfork

November 2008 Breakfast Menu

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<ul style="list-style-type: none"> •Breakfast cereal assortment (3/4 c) or Assorted Muffins (1) •Sliced Cheese (1 oz) •Orange Juice (4 oz) or Apple (1 pc) •Skim Milk (8 oz) 	<ul style="list-style-type: none"> •Breakfast cereal assortment (3/4 c) or Powdered Mini Donuts (4) •Sliced Cheese (1 oz) •Apple Juice (4 oz) or Orange (1 pc) •Skim Milk (8 oz) 	<ul style="list-style-type: none"> •Breakfast cereal assortment (3/4 c) or Cinnamon Roll (1) •Cheese Stick (1 oz) •Orange Juice (4 oz) or Apple (1 pc) •Skim Milk (8 oz) 	<ul style="list-style-type: none"> •Breakfast cereal assortment (3/4 c) or Yogurt w/granola • Cheese Stick (1 oz) • Grape Juice (4 oz) or Banana (1 pc) •Skim Milk (8 oz) 	<ul style="list-style-type: none"> •Breakfast cereal assortment (3/4 c) or French Toast Sticks (4) •Sliced Cheese (1 oz) •Orange Juice (4 oz) or Strawberries 1/2 C) •Skim Milk (8 oz)

**For the Month of November 2008
(15 days)**

Elementary Lunch: \$ 27.00
Elementary Breakfast \$ 18.00

Secondary Lunch: \$ 30.00
Secondary Breakfast \$ 21.75

Reduced Lunch: \$ 6.00
Reduced Breakfast: \$ 0.00

**For more information or assistance, please call
Polly Podpeskar, R.D., L.D., Food & Nutrition
Director at (218) 327-5788.**

Offer -vs- Serve

Breakfast Cereals Available

- Cherrios
- Berry Kix
- Rice Krispies
- Raisin Bran
- Lucky Charms
- Cookie Crisp
- Cocoa Puffs
- Wheaties

Breakfast is the most important meal of the day.

Studies out of the University of Minnesota and Harvard Medical School show that students do better in class when they eat right before engaging in the learning process. ISD #318 offers breakfast in all school buildings every school day.

Breakfast Prices:

Adults	\$1.70
Full Paid Secondary	\$1.45
Full Paid Elementary	\$1.20
Reduced Secondary & Elementary	\$0.00
Free Secondary & Elementary	\$0.00

Lactose free milk is available to all grades upon request.